

FOOD AS MEDICINE

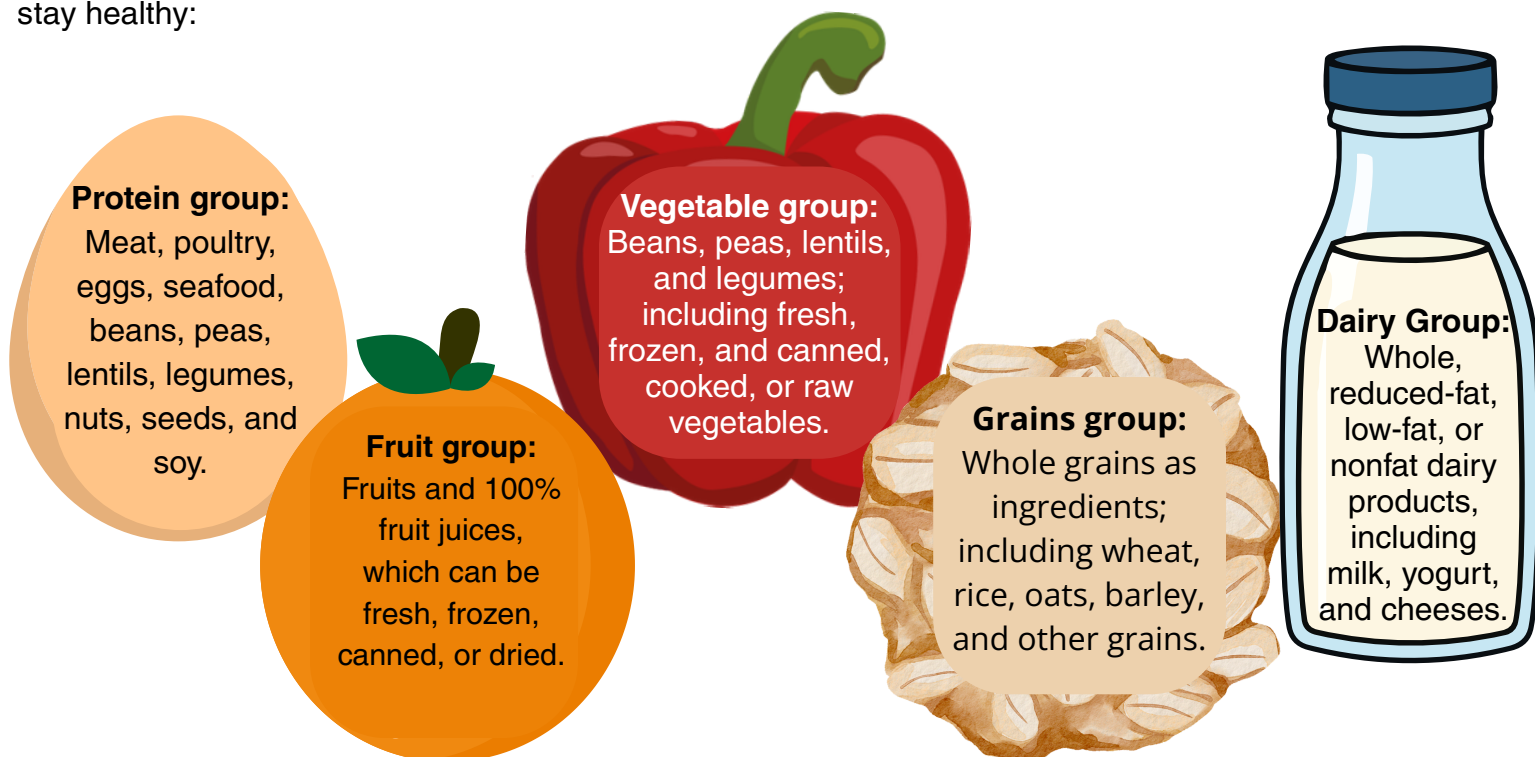
HEALTH & WELL-BEING

Choosing healthy foods like vegetables, fruits, whole-grains, dairy, and protein, helps your body grow, stay strong, and have energy to take on the day. Eating more balanced meals can also lower your chances of getting long-term illnesses and improve your overall health and well-being. This section includes information about cooking, recipes, shopping, budgeting for food, meal planning, portion size, and nutrition tips.

The resources below provide easy tools to help anyone eat healthy. They include simple pictures and tips that show balanced portions and the main food groups you need to build a healthy, tasty meal.

- [CalFresh Healthy Living](#): discover how simple shifts can go a long way on the road to healthy living for you and your family.
- Healthy Eating Plate Recommendations: learn more about creating a healthy and balanced plate from [Harvard Nutrition Source](#).

By focusing on the food groups below, you can make sure your meals have the nutrients your body needs to stay healthy:



[Click the tiles below to view more information about each topic:](#)

[Eat the Rainbow](#)

[Meal Planning](#)

[Cooking & Recipes](#)

[Smart Shopping & Budgeting](#)

[Recipe & Food Videos](#)

[Portion size](#)

[Healthy Plates with the Tastes You Know](#)



EAT A RAINBOW:

A COLORFUL WAY TO STAY HEALTHY!

Below are examples of foods that contain nutrients that can support your health.

Red foods have a nutrient called lycopene, which protects your cells from damage. Eating red foods may help keep your heart and lungs healthy. You can find lycopene in: strawberries, cranberries, raspberries, tomatoes, cherries, apples, beets, watermelon, red grapes, red peppers, and red onions.

Green foods have special nutrients that help protect your body from chemicals that may cause cancer. These nutrients help your cells stay healthy. You can find them in: spinach, avocados, asparagus, artichokes, broccoli, alfalfa sprouts, kale, cabbage, brussels sprouts, kiwi, collard greens, green tea, & green herbs like mint, rosemary, sage, thyme, & basil.

White and brown foods from the onion family have components that help protect our bodies and keep our cells healthy. You can find these in: onions, cauliflower, garlic, leeks, parsnips, daikon radish, and mushrooms.

Whole grains are a great source of fiber and contain vitamins, minerals, and other helpful nutrients. Eating whole grains can lower cholesterol and protect against heart disease and diabetes. You can find them in: whole grain bread, oats, brown rice, quinoa, barley, and more.

Fish contains omega-3 fatty acids that are good for your heart.

Orange and yellow foods have a nutrient called beta-cryptoxanthin. It helps your cells communicate and may help keep your heart healthy. You can find it in: carrots, sweet potatoes, yellow peppers, oranges, bananas, pineapple, tangerines, mango, pumpkin, apricots, winter squash (butternut and acorn), peaches, cantaloupe, & corn.

Blue and purple foods have strong antioxidants called anthocyanins. These help protect your cells from aging too fast and may help your heart by stopping harmful blood clots from forming. You can find them in: blueberries, blackberries, elderberries, Concord grapes, raisins, eggplant, plums, figs, prunes, lavender, and purple cabbage.

Beans and Legumes are an excellent source of fiber, folate, and plant protein. Studies show they can help lower the chance of heart disease. Some examples include: beans like kidney, black, red, garbanzo, and soybeans, as well as peas.

Nuts are a good source of plant protein. and contain nutrients, which may help reduce the risk of heart disease. Add a handful to oatmeal, yogurt, salad, or have as a snack.

Olive oil is a healthy fat that gives you vitamin E and other helpful nutrients. These can lower your risk of heart disease. You can drizzle it on vegetables, use it as a dressing, or cook with it.



FOOD AS MEDICINE

COOKING & RECIPES

Discover simple, delicious recipes and cooking tips that can support your health and well-being. This section offers easy-to-follow meal ideas and guidance to help you prepare nutritious meals at home.

- Check out these helpful recipe links! Visit the links below to find tasty, healthy, and budget-friendly recipes for you and your family.
 - [Recipes - eatright.org](#)
 - [Recipes - WIC YouTube](#)
 - [Recipes - CalFresh Healthy Living](#)
- **Cooking resources:**
 - **Cooking Skills:** Cooking at home is good for both your health and your wallet. People who cook more meals at home usually eat more fruits, vegetables, and fiber, and less saturated fat and salt.
 - Below are some simple cooking tips to help you get started:
 - [Live Cooking Classes](#): Register for free, virtual, live cooking classes each month with the American Diabetes Association.
 - [Tips and Videos](#) to help you learn to cook, cut, prepare, plan, and store foods.
 - [Learn to cook at home](#) with these easy tips.

RECIPE & FOOD VIDEOS



Welcome to our Food as Medicine Toolkit Recipe Videos!

Food can help us feel good, stay healthy, and bring our community together. This recipe collection is intended to make healthy eating easy, fun, and something everyone can enjoy. Each recipe uses simple, affordable ingredients and provides helpful tips to support your health one meal at a time.

These recipes were made with the entire Sutter County community in mind. They are budget-friendly and include foods from many cultures. Take a look, try something new, and share the recipes you like best.

Click the options below to watch the recipe and food videos in English, Spanish (Español), and Punjabi (ਪੰਜਾਬੀ).



Smart shopping starts with a plan: Healthy & affordable tips

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Join us for healthy, smart, budget-friendly shopping

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Join us at the Yuba-Sutter Food Distribution to access healthy food in our community

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Let's make cinnamon apple raisin oatmeal

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Let's make vegetarian paneer wraps

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Let's make fish in foil (Pescado Empapelado)

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



Let's make three bean chili

[English](#)
[Español](#)
[ਪੰਜਾਬੀ](#)



SMART SHOPPING & BUDGETING



Smart shopping helps people select healthy foods while saving money. These tools give simple tips and guides to help you shop with confidence, waste less food, and choose items that support good health over time.

Eating healthy within your budget: Click [here](#) for tips from the California Department of Public Health.

Click below!

Fit fruits and vegetables into your budget:

- When choosing fresh vegetables and fruits look for ones that are in-season. They are easier to get and less expensive. But remember that they don't last long so buy small amounts to avoid food waste!
- Frozen and canned vegetables and fruit may cost less than fresh out-of-season produce and are just as healthy
- Check out the [Seasonal Produce Guide](#) to learn more about what's in-season.
 - **Pro tip:** check out your local Farmers' Markets to find fresh in-season fruits and vegetables.



Look around for better deals:

- Stores usually put the most expensive items at eye level. Look high and low on the shelves for better deals.
- Get more for less by looking around for coupons, making a list, and planning your shopping trip based on these items.
- Join membership clubs at your local grocery stores. Signing up is often free and they offer special coupons and discounts on food for members.
- Look at bulk bins for cheaper options for packaged grains, rice, and more.
- Store brands are often less expensive than the name brands.



Protein for less: Use beans or tofu as a cheaper alternative to meat or poultry in dishes.

Use leftovers: Eat what you cook - save leftovers in the refrigerator or store in the freezer.

Buy only what you need:

- Don't shop hungry! Shopping hungry may contribute to impulse buys and choosing less healthy options.
 - Make a list - plan ahead and make a list of what you need before heading to the grocery store to help avoid buying products you don't need or already have in your home.
- [Click here to find grocery stores accepting EBT in your area.](#)
- [Click here to find Sutter County Farm Stands.](#) This page provides information on current certified farm stands, where they are located and hours of operation.

MEAL PLANNING



Life can be busy, but taking some time to plan ahead makes mealtime faster and easier. When you plan your meals ahead of time, you are more likely to choose more balanced meals instead of grabbing something less healthy at the last minute. Meal planning can also help you waste less food, save money and time, and make it easier to decide what to eat each day. With a plan in place, your meals can be more balanced and enjoyable, and busy days can feel less stressful.

Looking for easy ways to make healthy meals? Check out the tips and tricks below to help you plan tasty, nutritious dishes for you and your family.

- [Plan weekly meals and make a solid grocery list:](#) This section provides information on creating grocery lists by incorporating food groups and purchasing the following healthy pantry staples so you have healthy basics on hand, such as:
 - Beans, peas, and lentils
 - Oats and whole-grain ready-to-eat cereals
 - Tuna, sardines, or salmon in cans or pouches
 - Whole grain pasta and other grains, including brown rice, quinoa, and more
 - Canned tomatoes, broth, and pasta sauce
 - Canned vegetables and fruits
 - Peanut butter or other nut butters
 - Frozen fruit or vegetables for the freezer



- [Make menus and keep a running grocery list:](#) Whether you are starting small by planning 1-2 per week or planning menus for the entire month, the tips below can help you get started:
 - Browse recipes for ideas that fit your needs, cooking times, and skill level.
 - Look at your schedule to plan meals around your busy schedule.
 - Check out sales and coupons to ensure meal planning fits your budget.
 - Leftovers - think about incorporating leftovers or how you can stretch meals throughout the week, or pick a day to prepare meals for a few days.
 - Aim for variety in meals, but don't feel like every day must be different. It's okay to have oatmeal or low-fat yogurt with berries several times a week for breakfast.
 - The same goes for lunch; pick a few options and rotate them across a week.
 - Keep a running grocery list. Have a pen and pad of paper somewhere convenient or keep a running list on your phone and, as you use up grocery items, put them on the list.



FOOD AS MEDICINE

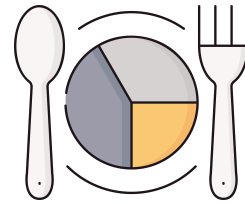
PORTION SIZE



Portion sizes matter! Eating the right amount of food helps your body get what it needs without too many extra calories. It also makes it easier to notice when you're hungry or full, so you don't overeat. By keeping portions in balance, you can enjoy all your favorite foods and build healthy habits that last.

Food Label information and resources:

- [Know your serving sizes on the new Nutritional Facts label Video](#)
- For more information, visit the [Serving Size on the Nutritional Facts Label Webpage](#)
 - [The new Nutritional Facts label goes big on calories Video](#)
 - [Interactive Nutrition Facts Label](#)
 - [FDA Nutrition Education Resources & Materials](#)



Nutrition Facts	
Serving Size 1/2 cup Amount Per Serving	
Calories	Calories From Fat
% Daily Value*	
Total Fat	%
Saturated Fat	%
Trans Fat	%
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	%
Protein	%

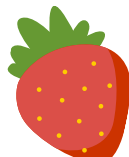
*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Serving size vs. portion size: Healthy eating starts with knowing how much you're actually eating. Portion size is the amount of food you choose to eat, while serving size is the recommended amount we eat. This guide offers easy tips to help you keep serving sizes in mind and make more balanced food choices.

- **Use the plate method:** [Use the healthy eating plate to help you plan your portions.](#)
- **Avoid eating directly from large packages:** [CDC Healthy Weight & Growth Tips](#) suggests portioning snacks into individual containers or bowls instead of eating from the bag.
- **Mindful eating tips:** Learn how to make each bite a meditation with mindful eating information from the American Heart Association.

Swap sugary drinks for water! Choosing water instead of sweetened beverages can save you hundreds of calories each day. Plus, drinking water before meals can help you feel full faster, making it easier to eat just the right amount.

- **Mix up new flavors:** elevate your hydration game by adding berries or slices of lime, lemon, or cucumber to your water.
- **Get fizzy with it:** mix sparkling water with a squeeze of juice from your favorite fruit or low-calorie drinks that's still sweet without the added sugar.
- **Refresh your refrigerator:** instead of stocking up on sugary drinks, keep a jug of cold water that's always ready.
- **Check-out** the links below for more recipes and ideas on how to sip smarter with water:
 - [Recipes](#)
 - [Water Beverage Card](#)
 - [Rethink Your Drink Cards](#)



HEALTHY PLATES WITH THE TASTE YOU KNOW

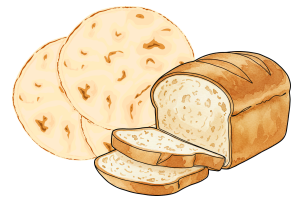


Tips to help you enjoy your cultural foods by making small, healthy swaps that keep all the flavor you love.

Eating the foods from your culture and family is something to be proud of. These meals connect you to your history and the people you love. You can still enjoy your favorite dishes by making small changes that help make your meals more balanced.

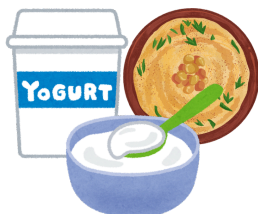
• Grains (breads, rice, cereals, and more)

- You don't need to give up rice and grains - try whole-grain options like brown rice, wild rice, farro, or quinoa.
 - **Tip: Mix white rice with brown rice until you get used to the flavor.**
 - **Tip: Add cauliflower rice, chickpeas, or lentils for more fiber and protein.**
- Bread - replace white bread with 100% whole-wheat bread.
 - **Tip: Try whole-grain pita, roti, naan, or wraps instead of options made with regular flour.**
- Tortillas - choose corn tortillas instead of flour or try whole grain versions.
- Cook grains in low-sodium chicken or vegetable broth for more flavor.
 - **Tip: Season with herbs or garlic instead of salt. Try adding lime or cilantro.**
- Pasta - Pasta is comforting and can be a busy weeknight staple.
 - Whole-wheat or legume-based pasta boosts fiber, protein, and minerals, helping keep you full and your blood sugar steady. Paired with veggies, olive oil, or lean protein, it's an easy, nutrient-packed upgrade to a comforting meal.
 - **Tip: To get more vegetables, blend them into the pasta sauce.**



• Protein (meats, dairy, and more)

- Beef and poultry - choose lean meats like chicken or turkey instead of fatty cuts.
 - **Tip: Add plant-based proteins like beans, chickpeas, and lentils.**
- Add beans to soups, salads, or rice dishes instead of extra meat.
- Cooking: grill, bake, or air-fry meats or fish instead of frying in oil.
- Dairy: Choose low-fat milk, yogurt, cheese, or plant milk.
 - **Tip: Pick low-fat or unsweetened versions instead of full-fat or sugary ones.**
 - **Tip: Swap Greek yogurt or hummus instead of mayonnaise in sauces or on sandwiches.**

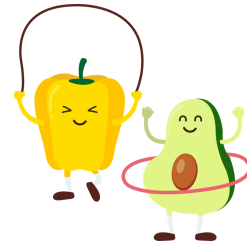


HEALTHY PLATES WITH THE TASTE YOU KNOW



• Vegetables and Fruits

- Fill half your plate with fruits and vegetables
 - **Tip: Use fruit as a side instead of chips or sugary snacks.**
 - **Tip: Add veggies to sauces, stews, and rice to stretch portions.**
 - **Tip: Roast vegetables with olive oil and spices instead of frying.**



• Spices, Herbs, and Flavorings

- Add flavor with spices, herbs, and lemon or lime juice instead of salt.
 - **Tip: Try garlic powder, paprika, chili, or turmeric instead of extra salt.**
- Use healthy oils like olive or avocado oil instead of butter.
- Keep cultural flavors strong with fresh herbs and spice mixes.
 - **Tip: Choose lower-salt blends like Italian seasoning, curry mixes, adobo, or soy sauce.**



• Cooking Methods

- Choose fresh foods often and limit packaged meals.
- Bake, grill, air-fry, roast, or steam instead of frying foods.
 - **Fried foods can be enjoyed with far less fat by using an air fryer, which recreates the crispness of traditional frying without excessive oil. This simple swap helps cut down on trans and saturated fats, supporting heart health while still satisfying cravings.**



• Delicious Drinks and Beverages

- Mix up new flavors: elevate your hydration game by adding berries or slices of lime, lemon, or cucumber to your water.
- Get fizzy with it: mix sparkling water with a squeeze of juice from your favorite fruit or low-calorie drinks that's still sweet without the added sugar.
- Refresh your refrigerator: instead of stocking up on sugary drinks, keep a jug of cold water that's always ready.
- Check out the links below for more recipes and ideas on how to sip smarter with water:
 - [Recipes](#)
 - [Rethink Your Drink Cards](#)



For more healthy and delicious substitutions and swaps, [check out these tips from the American Heart Association.](#)