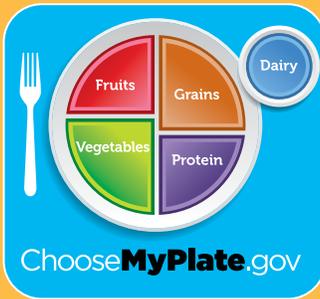




Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

How To Make MyPlate Work for You



The USDA food guidance system, MyPlate is a graphic that Americans can use to assist with adopting the healthy eating habits recommended by the experts that developed the Dietary Guidelines for Americans. The three key habits Americans should practice are filling half their plate with fruits and vegetables, eating foods from all food groups, and paying attention to the proportions of food groups on the plate.

Aiming to build your plate to look like MyPlate by using the tips below is a healthy habit that will help you get the nutrients your body needs to feel your best while, at the same time, keeping your calories, sodium and fat intake in check.

The following meal is loaded with vegetables and seasoned with fruit. The size of the protein portion is in line with the appropriate serving size to meet most Americans' needs and the grain is a whole grain. This meal doesn't contain a dairy item. You can either add a dairy item to it or have a dairy item as a snack sometime during the day.

BEST PRACTICE TIPS:

- Select items with the fewest ingredients. Aim for items to have less than 8 ingredients and limit products with ingredients you can't pronounce.
- Eat a variety of colorful **FRUITS**. Aim for products that have no added sugar. Choose fresh and frozen, often.
- Fill most of your plate with **VEGETABLES**. Season with fresh or dried herbs and/or low sodium sauces.
- Eat low-fat **DAIRY** options like low-fat milk, soy milk, and yogurt.
- Eat whole **GRAINS**. Choose whole wheat pastas and breads and brown rice most of the time. Limit products that have "refined" flour in the ingredients.
- Choose mostly **PROTEIN FOODS** like fish, lean meats, or beans.
- Choose heart-healthy **OILS/FATS** (olive oil, canola oil).



Directions

1. Begin preparing two packages of rice in one pot according to package directions. Take a break for about 20 minutes and then start step 2.
2. While the wild rice is finishing cooking, remove the tough ribs from the collard greens (about 3 pounds), tear the leaves into bite sized pieces, wash them, and then pat dry.
3. Heat about 2 tablespoons of cooking oil (preferably olive oil), in a skillet over medium heat, add the collard greens and stir to coat with the olive oil for about 1 minute. Push the greens to the side of the skillet.
4. Quickly trim the fat from the 2-8 oz. pieces of ham steaks and discard the fat.
5. Place the ham in the center of the skillet, add 1/3 cup of water and 1/4 cup of dried cranberries, cover the ham with

the greens and then place a cover on the skillet and continue cooking on medium heat until the greens are tender and the ham steak is heated through.

6. Serve by cutting each steak into 2 equal portions and then serve one portion on a plate along with fourth of the greens and fourth of the rice.
7. Serve with a side of fresh, sliced apples.

NOTES:

- Season, as desired, with garlic powder, onion powder and even a bit of red and/or black pepper.
- Make an extra batch of greens and roll up in a whole wheat tortilla for great lunches for your work days.

Serves: 4

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM.