



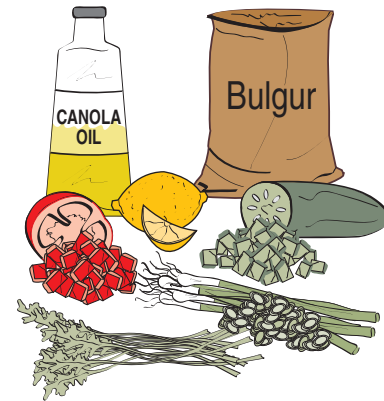
What's the New Food? Tabouleh

Tabouleh (pronounced "tah-BOO-lee") is a traditional dish from the Middle Eastern region of the world. It has become a popular dish in the United States because of its delicious mix of flavors.

The main ingredient in tabouleh is bulgur, a form of whole wheat. Tabouleh is also made with lots of tasty vegetables—tomatoes, cucumbers, onions, parsley—and healthy vegetable oil. Lemon juice and mint add flavor.

Here's why you should try tabouleh:

- It is a healthy, whole-grain food.
- It can work toward your five or more servings of fruits and vegetables a day. (Remember—when it comes to vegetables, more is always better.)
- It tastes great!



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

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