

Food Cards

farro
(whole grain)

**pasta
primavera**
(pasta with vegetables)

focaccia
(flat bread)

polenta
(cornmeal)

fruits

risotto
(rice)

olive oil

vegetables

bigoli
(whole-wheat pasta)

calamari
(squid)

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).

**bean
sprouts**

**fresh
fruit**

chicken
(roasted, baked, steamed)

mi fen
(rice noodles)

**vegetable
lo mein**
(noodles)

**sautéed
vegetables**
(in peanut oil)

chow fan
(noodles)

tofu
(bean curd)

congee
(rice pudding)

**Chinese
cabbage**

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).

fish

brown rice

beans

corn

beans
and rice

pork

amaranth

rice

salsa

tortillas

cheese

tostadas

**chicken
enchiladas**

injera
(whole-grain bread)

beans

yams

fruit

lentils

shero wat
(pea stew)

teff
(whole grain)

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gomen
(collard greens)

vegetables

misir wat
(lentil stew)