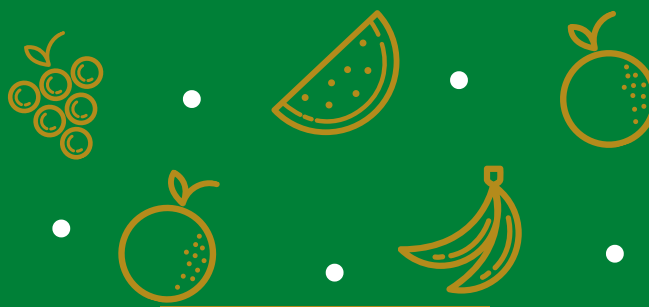




“
**I AM,
BECAUSE
YOU
ARE**
”



CONTACT



MOAD Phone Number



67 Vernon Street,
Worcester, MA 01610



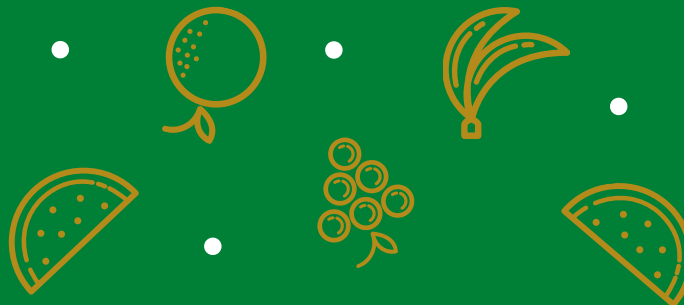
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Website



instagram



MOAD

MASSACHUSETTS ORGANIZATION
OF AFRICAN DESCENDANTS

UBUNTU
FOOD PANTRY

**MASSACHUSETTS ORGANIZATION OF
AFRICAN DECSENDANTS**

MY PLATE

WHAT IS MY PLATE?

A nutrition guide, developed by the United States Department of Agriculture (USDA), that offers ideas and tips for creating a healthier eating style and explains how to portion the plate to include the food groups below:



FRUIT

2 CUPS DAILY
FOCUS ON WHOLE FRUITS

VEGETABLES

2 1/2 CUPS DAILY
VARY YOUR VEGGIES



GRAINS

6 OUNCES DAILY
MAKE HALF YOUR GRAINS WHOLE GRAINS



PROTEIN

6 OUNCES DAILY
VARY YOUR PROTEIN ROUTINE

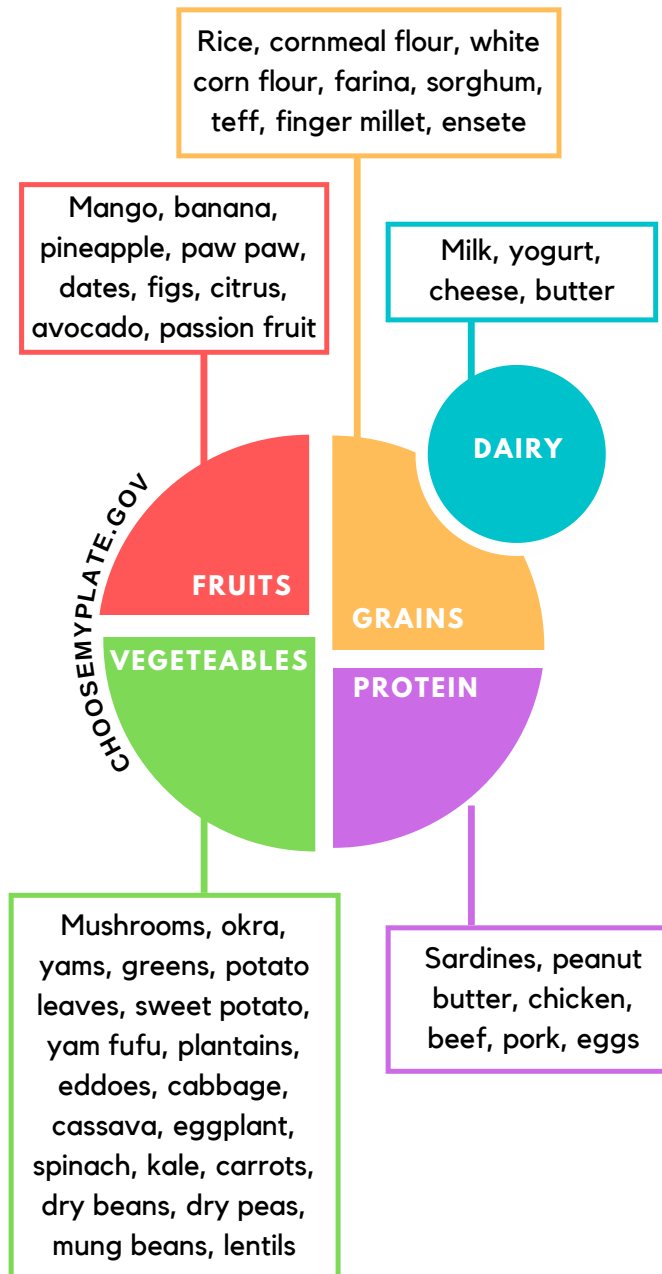


DAIRY

6 OUNCES DAILY
MOVE TO LOWFAT OR FAT FREE MILK/YOGURT



AFRICAN FOODS



Disclaimer: The designers of this pamphlet are not nutritionists or registered dietitians. The content presented to you was adapted from guidelines by the USDA. We are aware that each individual's dietary needs and restrictions are unique to the individual.

RECOMMENDED DIETS

If you have any of the following health conditions, here are some foods you should be eating:

DIABETES

- Healthy fats (nuts, avocados, fish oil, olive oil)
- Fruits and vegetables
- High fiber cereals and breads
- Fish, chicken and turkey
- Low-fat dairy and unsweetened yogurt

HEART DISEASE

- Control portion size
- Low fat proteins (chicken breasts, turkey)
- Fruit and vegetables
- Reduced-sodium
- Whole Grains (steel-cut oats, brown rice, quinoa)

HIGH BLOOD PRESSURE

- Higher potassium intake through fruits and vegetables
- Reduced-sodium
- Low-fat dairy products
- Whole grains
- No caffeine

OBESITY

- Whole grains (steel-cut oats, brown rice, quinoa)
- Fruits and vegetables
- Nuts, seeds, beans
- Fish and poultry
- Healthy fats (i.e. avocados, fish oil, olive oil)

OSTEOPOROSIS

- Fish (canned sardines & salmon)
- Fruits and vegetables