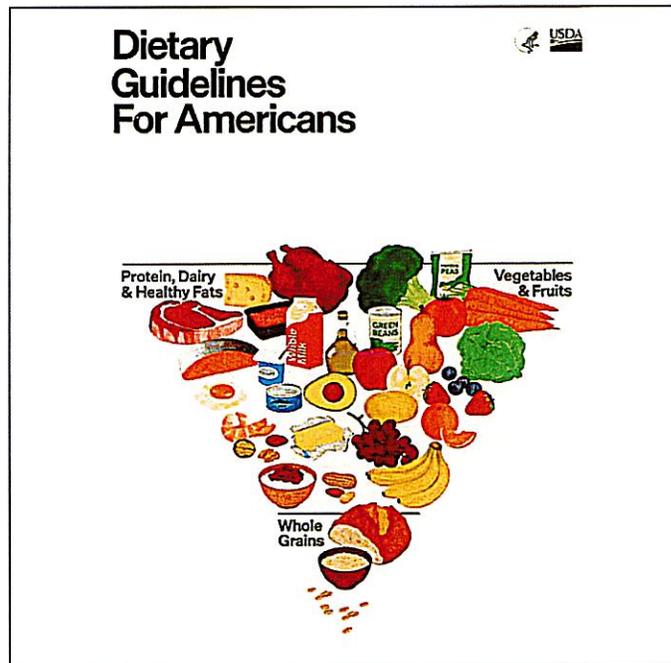


Knowledge @ Noon

The New Pyramid



Wednesday, February 18, 2026

KANSAS STATE
UNIVERSITY

Extension

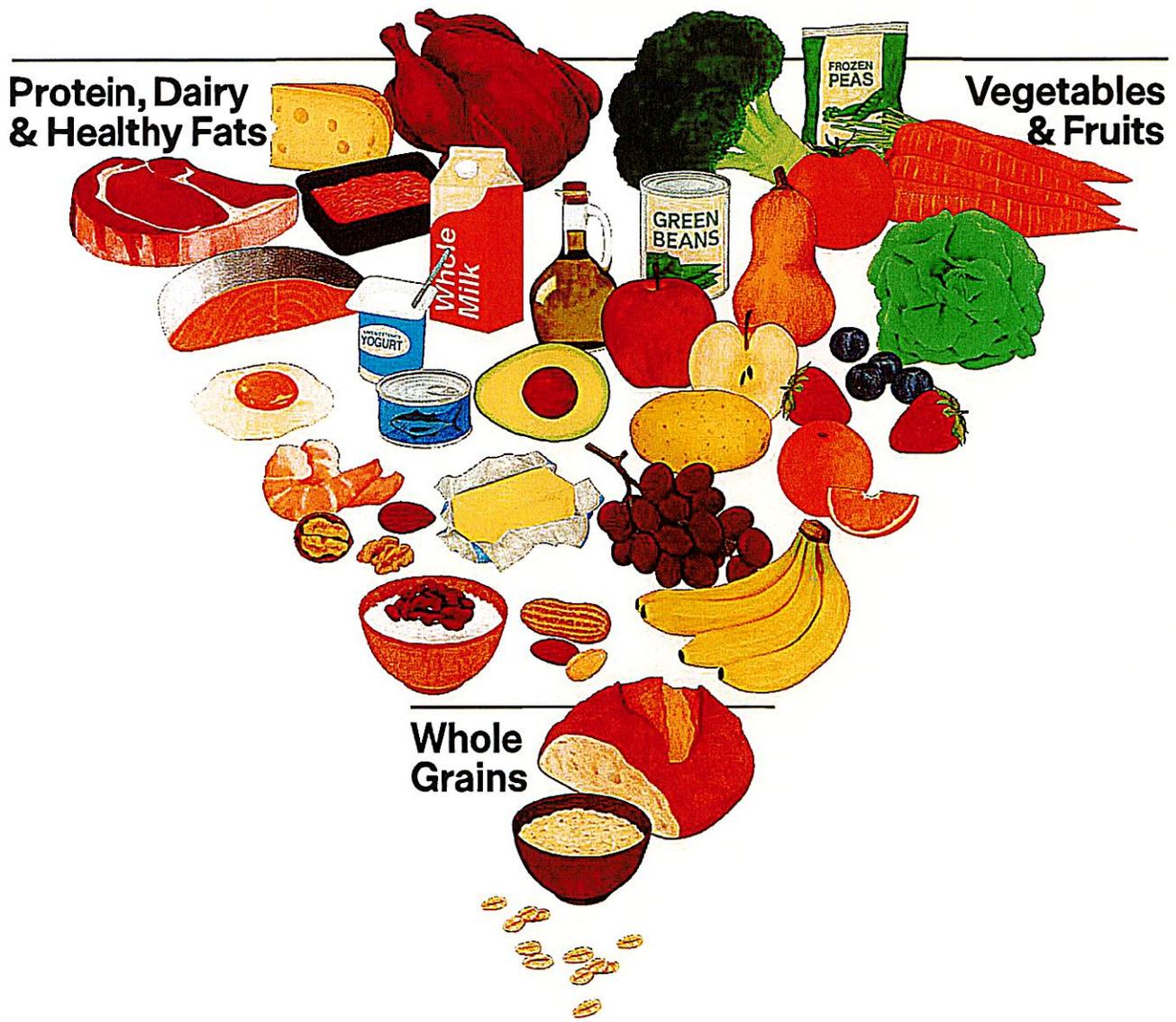
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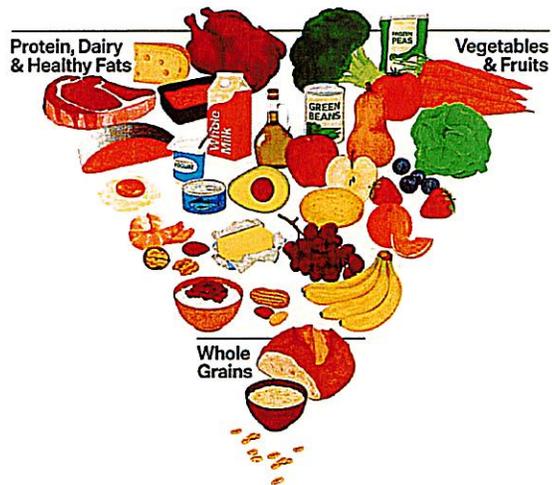
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Dietary Guidelines For Americans



3 General Groups

- ▼ Protein, Dairy, & Healthy Fats
- ▼ Vegetables & Fruits
- ▼ Whole Grains





Protein, Dairy, & Healthy Fats

Every meal must prioritize high-quality, nutrient-dense protein from both animal and plant sources, paired with healthy fats from whole foods such as eggs, seafood, meats, full-fat dairy, nuts, seeds, olives, and avocados.

How Much?

Protein- 3-4 servings daily

Dairy- 3 servings daily

Healthy Fats- 4.5 servings
daily

Serving Size Examples:

3 oz cooked meat

1 egg

½ cup beans

1 cup milk

1 oz cheese

1 tsp olive oil

Vegetables & Fruits

Vegetables and fruits are essential to real food nutrition. Eat a wide variety of whole, colorful, nutrient-dense vegetables and fruits in their original form, prioritizing freshness and minimal processing.

How Much?

Vegetables: 3 servings per day.

Fruits: 2 servings per day.

Serving Size Examples:

1 cup raw or cooked vegetables

2 cups leafy greens

1 cup raw fruit

$\frac{1}{2}$ cup dried fruit

Whole Grains

Whole grains are encouraged. Refined carbohydrates are not. Prioritize fiber-rich whole grains and significantly reduce the consumption of highly processed, refined carbohydrates that displace real nourishment.

How Much?

2-4 servings daily

Serving Size Examples:

$\frac{1}{2}$ cup cooked grain such as oats,
rice or barley
1 slice bread
1 tortilla

Daily Servings by Calorie Level

	Calorie Level of Pattern	1000	1200	1400	1600	1800	2000	2200	2400	2600	2800	3000	3200
Food Group	Serving Size Examples	Daily Servings											
Protein Foods	3 oz cooked meat, poultry, or seafood; 1 egg; ½ cup beans, peas, or lentils; 1 oz nuts or seeds; 2 tbsp nut or seed butter; 3 oz soy	1– 1 ½	1 ½– 2	2– 2 ½	2 ½– 3 ½	2 ½– 3 ½	3–4	3 ½– 4 ½	3 ½– 4 ½	3 ½– 4 ½	4–5	4–5	4–5
Dairy	1 cup milk; ¾ cup yogurt; 1 oz cheese	2	2 ½	2 ½	3	3	3	3	3	3	3	3	3
Vegetables	1 cup raw or cooked; 2 cups leafy greens	1 ¼	1 ¾	1 ¾	2 ½	3	3	3 ½	3 ½	4 ¼	4 ¼	4 ¾	4 ¾
Fruits	1 cup raw; ½ cup dried	1	1	1 ½	1 ½	1 ½	2	2	2	2	2 ½	2 ½	2 ½
Whole Grains	½ cup cooked oats, brown rice, barley, quinoa, or buckwheat; 1 slice bread; 1 tortilla	1–2	1 ½– 2 ¾	1 ¾– 3 ¼	1 ¾– 3 ¼	2–4	2–4	2 ¼– 4 ½	2 ¾– 5 ¼	3–6	3 ¼– 6 ½	3 ¼– 6 ½	3 ¼– 6 ½
Healthy Fats	1 tsp olive oil or butter	2 ½	2 ½	2 ½	3 ½	4	4 ½	4 ½	5	5 ½	6	7	8

- These serving sizes should align with the recommendations in the *Dietary Guidelines for Americans, 2025–2030*; therefore, a variety of foods should be selected from each food group. Foods are assumed to be nutrient-dense, with no or limited added sugars, refined carbohydrates, or chemical additives. Individual food choices within each food group vary in calorie and nutrient content per serving, so attention to portion sizes is important. Smaller portions may be appropriate for individuals with lower calorie needs, such as young children or some older adults. Healthy fats are naturally present in many whole foods, and small amounts may also be used when cooking with or adding fats to meals.
 - **Protein Foods:** Animal- and plant-based protein foods, including meat, poultry, eggs, seafood, beans, peas, lentils, legumes, nuts, seeds, and soy.
 - **Dairy:** Whole, reduced-fat, low-fat, or nonfat dairy products, including fluid, dry, or evaporated milk; yogurt; and cheeses. Lactose-free and lactose-reduced products, as well as fortified dairy alternatives, are also options.
 - **Vegetables:** Vegetables of all types—dark green; red and orange; beans, peas, lentils, and legumes; starchy; and other vegetables, including fresh, frozen, and canned, cooked, or raw vegetables.
 - **Fruits:** Fruits of all types, including fresh, frozen, canned, juiced, and dried fruits.
 - **Whole Grains:** All whole-grain foods and products made with whole grains as ingredients.
- The calories you need depend on your age, sex, height, weight, and level of physical activity.
 - [USDA Dietary Reference Intakes \(DRI\) Calculator for Healthcare Professionals](#)

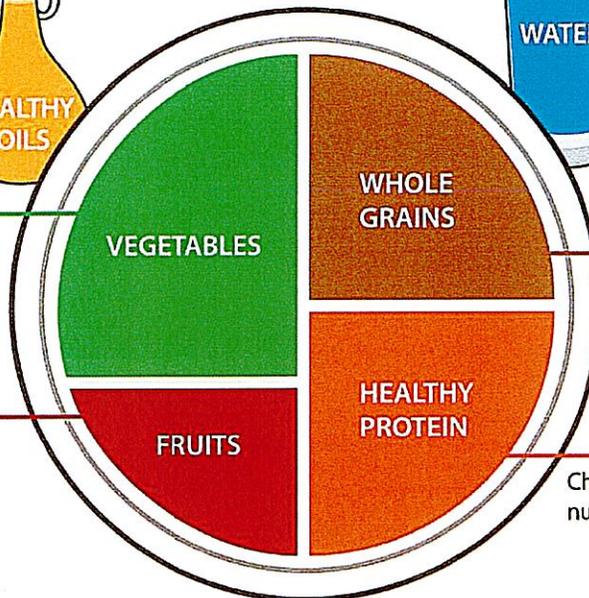
HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.



The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Eat plenty of fruits of all colors.

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



STAY ACTIVE!

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Message from the Secretaries

Welcome to the *Dietary Guidelines for Americans, 2025–2030*.

These Guidelines mark the most significant reset of federal nutrition policy in our nation's history.

The message is simple: eat real food.

To Make America Healthy Again, we must return to the basics. American households must prioritize diets built on whole, nutrient-dense foods—protein, dairy, vegetables, fruits, healthy fats, and whole grains. Paired with a dramatic reduction in highly processed foods laden with refined carbohydrates, added sugars, excess sodium, unhealthy fats, and chemical additives, this approach can change the health trajectory for so many Americans.

The United States is amid a health emergency. Nearly 90% of health care spending goes to treating people who have chronic diseases.¹ Many of these illnesses are not genetic destiny; they are the predictable result of the Standard American Diet—a diet which, over time, has become reliant on highly processed foods and coupled with a sedentary lifestyle.

The consequences have been devastating. More than 70% of American adults are overweight or obese.² Nearly one in three American adolescents between the ages of 12 and 17 has prediabetes.³ Diet-driven chronic disease now disqualifies large numbers of young Americans from military service, undermining national readiness and cutting off a historic pathway to opportunity and upward mobility.⁴

For decades, federal incentives have promoted low-quality, highly processed foods and pharmaceutical intervention instead of prevention. This crisis is the result of poor policy choices; inadequate nutrition research; and a lack of coordination across federal, state, local, and private partners.

This changes today.

We are realigning our food system to support American farmers, ranchers, and companies who grow and produce real food—and the Trump administration is working to ensure all families can afford it.

We are putting real food back at the center of the American diet. Real food that nourishes the body. Real food that restores health. Real food that fuels energy and encourages movement and exercise. Real food that builds strength.

Under President Trump's leadership, we are restoring common sense, scientific integrity, and accountability to federal food and health policy—and we are reclaiming the food pyramid and returning it to its true purpose of educating and nourishing all Americans.

These Guidelines call on every American to eat more real food. They call on farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government to join in this critical effort.

Together, we can shift our food system away from chronic disease and toward nutrient density, nourishment, resilience, and long-term health.

America's future depends on what we grow, what we serve, and what we choose to eat.

This is the foundation that will Make America Healthy Again.

Robert F. Kennedy, Jr.
Secretary,
U.S. Department of Health and
Human Services

Brooke L. Rollins
Secretary,
U.S. Department of Agriculture

¹ <https://www.cdc.gov/chronic-disease/data-research/facts-stats/index.htm>

² <https://ais.cdc.gov/araso/diabetes/diabetesatlas-spotlight.htm>

³ <https://www.cdc.gov/nchs/fastats/obesity-overweight.htm>

⁴ <https://www.cdc.gov/physical-activity/php/military-readiness/unfit-to-serve.htm>



Eat the Right Amount for You

- + The calories you need depend on your age, sex, height, weight, and level of physical activity.
- + Pay attention to portion sizes, particularly for foods and beverages higher in calories.
- + Hydration is a key factor in overall health. Choose water (still or sparkling) and unsweetened beverages.



Prioritize Protein Foods at Every Meal

- + Prioritize high-quality, nutrient-dense protein foods as part of a healthy dietary pattern.
- + Consume a variety of protein foods from animal sources, including eggs, poultry, seafood, and red meat, as well as a variety of plant-sourced protein foods, including beans, peas, lentils, legumes, nuts, seeds, and soy.
- + Swap deep-fried cooking methods with baked, broiled, roasted, stir-fried, or grilled cooking methods.
- + Consume meat with no or limited added sugars, refined carbohydrates or starches, or chemical additives. If preferred, flavor with salt, spices, and herbs.
- + Protein serving goals: 1.2–1.6 grams of protein per kilogram of body weight per day, adjusting as needed based on your individual caloric requirements.



Consume Dairy

- + When consuming dairy, include full-fat dairy with no added sugars. Dairy is an excellent source of protein, healthy fats, vitamins, and minerals.
- + Dairy serving goals: 3 servings per day as part of a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements.

Gut Health

- + Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high-fiber foods support a diverse microbiome, which may be beneficial for health.



Eat Vegetables & Fruits Throughout the Day

- + Eat a variety of colorful, nutrient-dense vegetables and fruits.
- + Eat whole vegetables and fruits in their original form. Wash thoroughly prior to eating raw or cooking.
- + Frozen, dried, or canned vegetables or fruits with no or very limited added sugars can also be good options.
- + If preferred, flavor with salt, spices, and herbs.
- + 100% fruit or vegetable juice should be consumed in limited portions or diluted with water.
- + Vegetables and fruits serving goals for a 2,000-calorie dietary pattern, adjusting as needed based on your individual caloric requirements:
 - Vegetables: 3 servings per day
 - Fruits: 2 servings per day



Incorporate Healthy Fats

- + Healthy fats are plentiful in many whole foods, such as meats, poultry, eggs, omega-3-rich seafood, nuts, seeds, full-fat dairy, olives, and avocados.
- + When cooking with or adding fats to meals, prioritize oils with essential fatty acids, such as olive oil. Other options can include butter or beef tallow.
- + In general, saturated fat consumption should not exceed 10% of total daily calories. Significantly limiting highly processed foods will help meet this goal. More high-quality research is needed to determine which types of dietary fats best support long-term health.



Focus on Whole Grains

- + Prioritize fiber-rich whole grains.
- + Significantly reduce the consumption of highly processed, refined carbohydrates, such as white bread, ready-to-eat or packaged breakfast options, flour tortillas, and crackers.
- + Whole grains serving goals: 2–4 servings per day, adjusting as needed based on your individual caloric requirements.



Limit Highly Processed Foods, Added Sugars, & Refined Carbohydrates

- + Avoid highly processed packaged, prepared, ready-to-eat, or other foods that are salty or sweet, such as chips, cookies, and candy that have added sugars and sodium (salt). Instead, prioritize nutrient-dense foods and home-prepared meals. When dining out, choose nutrient-dense options.
- + Limit foods and beverages that include artificial flavors, petroleum-based dyes, artificial preservatives, and low-calorie non-nutritive sweeteners.
- + Avoid sugar-sweetened beverages, such as sodas, fruit drinks, and energy drinks.
- + While no amount of added sugars or non-nutritive sweeteners is recommended or considered part of a healthy or nutritious diet, one meal should contain no more than 10 grams of added sugars.
- + When selecting snack foods, added sugar limits should follow FDA “Healthy” claim limits. For example, grain snacks (e.g., crackers) should not exceed 5 grams of added sugar per $\frac{3}{4}$ ounce whole-grain equivalent, and dairy snacks (e.g., yogurt) should not exceed 2.5 grams of added sugar per $\frac{2}{3}$ cup equivalent.

Added Sugars

- + To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”
- + Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, agave syrup, corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, beet sugar, turbinado sugar, maltose, lactose, fruit juice concentrate, honey, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.
- + Some foods and drinks, such as fruits and plain milk, have naturally occurring sugars. The sugars in these foods are not considered added sugars.



Limit Alcoholic Beverages

- + Consume less alcohol for better overall health.
- + People who should completely avoid alcohol include pregnant women, people who are recovering from alcohol use disorder or are unable to control the amount they drink, and people taking medications or with medical conditions that can interact with alcohol. For those with a family history of alcoholism, be mindful of alcohol consumption and associated addictive behaviors.

Sodium

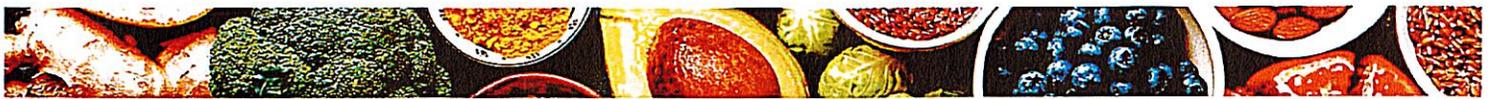
- + Sodium and electrolytes are essential for hydration. The general population, ages 14 and above, should consume less than 2,300 mg per day of sodium. Highly active individuals may benefit from increased sodium intake to offset sweat losses.
- + For children, the recommendations vary by age:
 - Ages 1–3: less than 1,200 mg per day
 - Ages 4–8: less than 1,500 mg per day
 - Ages 9–13: less than 1,800 mg per day
- + Highly processed foods that are high in sodium should be avoided.



Special Populations & Considerations

Infancy & Early Childhood (Birth–4 Years)

- + For about the first 6 months of life, feed your baby only breast milk. When breast milk is not available, feed your baby iron-fortified infant formula.
- + Continue breastfeeding as long as mutually desired by mother and child for 2 years or beyond. If feeding or supplementing your baby with infant formula, stop feeding your baby infant formula at 12 months of age and give them whole milk.
- + All breastfed infants, as well as infants who consume less than 32 ounces of infant formula per day, should receive a daily oral vitamin D supplement of 400 IU starting shortly after birth. Consult your health care professional about vitamin D supplementation.
- + Some infants require iron supplementation. Talk with your health care professional about iron supplementation.
- + At about 6 months of age, infants may begin to have solid foods. It is crucial to continue breastfeeding or formula feeding while solids are introduced. Breast milk or infant formula continues to be the main source of nutrition for your infant up to 12 months of age.
 - If your infant is at high risk for peanut allergy (due to the presence of severe eczema and/or egg allergy), talk with your health care professional about peanut introduction as early as 4 to 6 months. This can be done by mixing a small amount of peanut butter with breast milk or formula, thinning it to a safe consistency, and feeding it by spoon. For infants with mild to moderate eczema, introduce peanut-containing foods at around 6 months of age.
- + Introduce potentially allergenic foods—including nut butters, eggs, shellfish, and wheat—with other complementary foods at about 6 months. Ask your infant’s health care professional about their risk for food allergies and safe ways to introduce these foods.
- + Infants should receive a diverse range of nutrient-dense foods in appropriate textures, while avoiding nutrient-poor and highly processed foods.
- + Examples of nutrient-dense foods to introduce during the complementary feeding period include:
 - Meat, poultry, and seafood
 - Vegetables and fruits
 - Full-fat yogurt and cheese
 - Whole grains
 - Legumes and nut- or seed-containing foods prepared in a safe, infant-appropriate form
- + Avoid added sugars during infancy and early childhood.



Introducing Food to Infants & Toddlers

- + Every child is different. Look for these signs that your child is developmentally ready to begin eating food:
 - Sits up alone or with support
 - Can control their head and neck
 - Tries to grasp small objects, such as toys or food
 - Brings objects to their mouth
 - Opens their mouth when food is offered
 - Moves food from the front to the back of their tongue to swallow
 - Swallows food instead of pushing it back out onto their chin
- + Parents and caregivers can encourage healthy eating by offering new foods multiple times—it may take 8 to 10 exposures before a young child is willing to try a new food—and by modeling healthy eating behaviors.

Middle Childhood (5–10 Years)

- + Focus on whole, nutrient-dense foods such as protein foods, dairy, vegetables, fruits, healthy fats, and whole grains.
- + Full-fat dairy products are important for children to help meet energy needs and support brain development.
- + Avoid caffeinated beverages.
- + No amount of added sugars is recommended.
- + Make cooking meals fun and a regular part of the household's routine.

Adolescence (11–18 Years)

- + Adolescence is a rapid growth period with increased needs for energy, protein, calcium, and iron—especially for girls due to menstruation. Adequate calcium and vitamin D are vital for peak bone mass.
- + Adolescents should eat nutrient-dense foods such as dairy, leafy greens, and iron-rich animal foods, while significantly limiting sugary drinks and energy drinks and avoiding highly processed foods. When access to nutrient-rich foods is limited, fortified foods or supplements may be needed under medical guidance.
- + Encourage adolescents to become active participants in food shopping and cooking so they learn how to make healthy food choices for life.



Young Adulthood

- + Following the *Dietary Guidelines* will support optimal health during this period, including reducing risk of the onset or progression of chronic disease and supporting other aspects of health. The brain continues to mature during young adulthood. While the most significant increases in bone density occur during adolescence, optimizing

bone health to achieve peak bone mass and peak bone strength is essential. Additionally, following the *Dietary Guidelines* can support reproductive health for both women and men—with special emphasis on healthy fats, iron, and folate for women and healthy fats and protein for men.

Pregnant Women

- + Pregnancy increases nutrient needs to support maternal health and fetal growth, with iron, folate, and iodine as top priorities.
- + Pregnant women should consume diverse nutrient-dense foods, including iron-rich meats, folate-rich greens and legumes, choline-rich eggs, calcium-rich

dairy, and low-mercury omega-3-rich seafood (e.g., salmon, sardines, trout).

- + Women should talk to their health care professional about taking a daily prenatal vitamin during pregnancy.

Lactating Women

- + Lactation increases energy and nutrient needs to support milk production and maternal health. Breastfeeding women should consume a wide variety of nutrient-dense foods, including vitamin B₁₂-rich protein sources such as meats, poultry,

eggs, and dairy; omega-3-rich seafood; folate-rich legumes; and vitamin A-rich vegetables.

- + Women should talk to their health care professional about whether dietary supplements may be needed while breastfeeding.

Older Adults

- + Some older adults need fewer calories but still require equal or greater amounts of key nutrients such as protein, vitamin B₁₂, vitamin D, and calcium. To meet these needs, they should prioritize nutrient-dense foods such as dairy, meats, seafood,

eggs, legumes, and whole plant foods (vegetables and fruits, whole grains, nuts, and seeds). When dietary intake or absorption is insufficient, fortified foods or supplements may be needed under medical supervision.



Individuals with Chronic Disease

- + Following the *Dietary Guidelines* can help prevent the onset or slow the rate of progression of chronic disease, especially cardiovascular disease, obesity, and type 2 diabetes. If you have a chronic disease, talk with your health care professional to see if you need to adapt the *Dietary Guidelines* to meet your specific needs.
- + Individuals with certain chronic diseases may experience improved health outcomes when following a lower carbohydrate diet. Work with your health care professional to identify and adopt a diet that is appropriate for you and your health condition.

Vegetarians & Vegans

- + Consume a variety of whole foods, especially protein-rich foods, such as dairy, eggs, beans, peas, lentils, legumes, nuts, seeds, tofu, or tempeh.
- + Significantly limit highly processed vegan or vegetarian foods that can include added fats, sugars, and salt.
- + Pay careful attention to potential nutrient gaps when consuming a vegetarian or vegan diet. Vegetarian diets often fall short in vitamins D and E, choline, and iron, whereas vegan diets show broader shortfalls in vitamins A, D, E, B₆, and B₁₂; riboflavin; niacin; choline; calcium; iron; magnesium; phosphorus; potassium; zinc; and protein. Monitor nutrient status periodically, especially for iron, vitamin B₁₂, vitamin D, calcium, and iodine.
- + To avoid nutrient gaps, prioritize targeted supplementation, diversify plant protein sources for amino acid balance, and enhance mineral bioavailability through food preparation techniques.

New dietary guidelines put spotlight on gut health, protein and home cooking



Fruits and vegetables remain a cornerstone of the Dietary Guidelines for Americans, with an emphasis on variety and color to maximize vitamins, minerals and antioxidants that support gut health.

Jan. 26, 2026

By Pat Melgares, K-State Extension news service

MANHATTAN, Kan. -- The U.S. Department of Agriculture's 2025-2030 Dietary Guidelines for Americans build on familiar advice — eat more fruits and vegetables, choose whole grains and limit highly processed foods — while sharpening the focus on how Americans cook, combine and choose foods for long-term health, according to a Kansas State University Extension nutrition specialist.

Priscilla Brenes, a nutrition and wellness specialist with K-State Extension, said the updated guidelines emphasize gut health, higher-quality protein and cooking skills that support healthier eating at home.

“We are seeing many similar things as before,” Brenes said. “But they’re also pointing out more gut health. They are increasing the amount of protein. The USDA is calling for high-quality, nutrient-dense proteins, and they’re prompting people on different cooking methods.”

Those methods — baking, broiling, roasting, stir-frying and grilling — reflect an emphasis for more home cooking, Brenes said, encouraging Americans to rely less on ready-to-eat and restaurant foods and more on meals prepared at home.

“If we start decreasing the amount of ready-to-eat foods we eat, or start eating out less, then we need to increase our skills on those cooking methods,” she said. “We need to pay more attention to what foods we are putting on our plates.”

Protein plays a central role in the new recommendations. The guidelines call for prioritizing high-quality, nutrient-dense protein foods at every meal, drawn from both animal and plant sources.

“In animal sources, we have eggs, poultry and seafood,” Brenes said. “In plant sources, we have peas, beans and lentils, and a combination of those throughout the day.”

When it comes to meat, the emphasis is on minimizing added sugars and refined carbohydrates while enhancing flavor with herbs and spices rather than heavy sauces.

The guidelines also highlight whole dairy foods without added sugars. “Dairy has a lot of good nutrients that we need,” she said, including vitamins D and A, which are fat-soluble, as well as B vitamins essential for brain and body function.

Even with full-fat dairy and higher protein intake, moderation remains key. The guidelines continue to recommend that no more than 10% of daily calories come from saturated fat, based on a standard 2,000-calorie diet.

A simple way to understand saturated fats, Brenes said, is to look at how foods behave at room temperature.

“If it’s solid at room temperature, like butter, it has a high content of saturated fat,” she said. “If it’s liquid at room temperature, like olive oil, it has more unsaturated fats.”

These new guidelines make reading nutrition labels an essential skill, especially for people managing conditions such as hypertension, cardiovascular disease, or diabetes. Brenes said K-State Extension agents and staff can help Kansans learn how to interpret labels and choose foods that fit their health needs.

Fruits and vegetables remain a cornerstone of the guidelines, with an emphasis on variety and color to maximize vitamins, minerals and antioxidants that support gut health. While fresh produce is preferred, frozen, dried or canned options can also work if they contain no added sugars and limited sodium.

Whole grains are another priority, providing fiber and essential nutrients. Brenes said consumers should look for grains that retain the bran, germ and endosperm, such as oats,

quinoa, brown rice and whole wheat, and carefully read labels to ensure products truly contain whole grains.

The guidelines also call for reducing highly processed foods, which often provide excess calories from fat and added sugars without enough essential nutrients.

Alcohol intake should be limited, and sodium consumption should stay below 2,300 milligrams per day, with lower limits for some individuals.

Ultimately, Brenes said the dietary guidelines serve as a foundation.

“They are a base, and then we need to build from there,” she said, pointing to K-State Extension programs that teach cooking skills, meal planning and label reading. “We can help build healthier meals depending on people’s needs and their budgets.”

More information on healthy eating is available from [local extension offices in Kansas.](#)

BASIC CHILI

INGREDIENTS:

1 lb. ground beef
1 can beans (pinto, kidney, etc), drained and rinsed
4 T. chili seasoning
1 can crushed tomatoes

1 can chili beans
Minced onion to taste
1 can tomato sauce

DIRECTIONS:

Brown ground beef until fully cooked in a Dutch oven. If using fresh onion, cook along with the beef. Drain fat from beef and rinse. Add rest of ingredients and cook until warm/hot, stirring occasionally. Submitted by Beverly Burke, MFV

Nutrition Facts	
Amount per	<i>4 servings</i>
1 serving (15 oz)	424 g
Calories 565	From Fat 157
% Daily Value*	
Total Fat 17.8g	27%
Saturated Fat 8.8g	44%
Trans Fat 0g	
Cholesterol 107mg	36%
Sodium 1115mg	46%
Total Carbohydrates 52g	17%
Dietary Fiber 12g	46%
Sugars 7g	
Protein 50g	100%
Vitamin A 8% • Vitamin C 14%	
Calcium 43% • Iron 28%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
<i>HappyForks.com</i>	

White Chicken Chili

4 cans great white northern beans

2 cans chicken broth

1 can rotel

1 onion diced (opt.)

1 pkg. Monterey Jack cheese, grated
ahead of time or put in crock pot raw

2 - 4 chicken breasts (may be browned

salt, pepper, garlic powder to taste

Put all ingredients in crockpot and cook on low all day. Submitted by Gayle Plummer, MFV

Nutrition Facts	
Amount per <i>6 servings</i>	
1 serving (15.2 oz)	431 g
Calories 468	From Fat 140
% Daily Value*	
Total Fat 15.8g	24%
Saturated Fat 5.5g	28%
Trans Fat 0.4g	
Cholesterol 100mg	33%
Sodium 1200mg	50%
Total Carbohydrates 41g	14%
Dietary Fiber 13g	52%
Sugars 7g	
Protein 43g	86%
Vitamin A 61% • Vitamin C 24%	
Calcium 16% • Iron 43%	
* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
<i>HappyForks.com</i>	

Turkey Chili Recipe

Turkey Chili is the perfect easy dinner recipe! This is an easy 30 minute meal that's perfect for a weeknight. Make with ground beef and your choice of beans for an easy pantry meal!



5 from 4 votes

Prep Time
10 mins

Cook Time
20 mins

Total Time
30 mins

Course: Main Course Cuisine: American Servings: 6 servings

Author: [Dorothy Kern](#) Cost: \$10

Ingredients

- 1 pound ground turkey
- 1 small or 1/2 medium onion diced (about 1 cup)
- 1 teaspoon cumin
- 1 teaspoon salt
- 3/4 teaspoon chili powder
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/4-1/2 teaspoon cayenne pepper
- 4 ounce can diced green chilies
- 28 ounce can crushed tomatoes
- 15 ounce can black beans or pinto or kidney beans
- 15 ounce can corn drained (or equivalent frozen corn)
- 1 cup chicken stock

Instructions

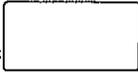
1. Add ground turkey to a medium soup pot or dutch oven. Break up into small pieces. Add the onion and cook over medium high heat until turkey is almost cooked through and onion is almost translucent (about 5-7 minutes). Drain fat if needed.
2. Add the spices to the turkey and onion mixture; stir.
3. Add diced green chilies, crushed tomatoes, beans with their liquid, corn, and chicken stock. Stir.
4. Cover and bring mixture to a boil.
5. Cook, stirring often, with pot partially covered, until mixture thickens and flavors meld, about 15-20 minutes (longer if desired).
6. Add additional salt, pepper and/or cayenne as desired.
7. Serve hot with chopped onions and cheddar cheese.

Notes

- Note: you can use ground beef if you prefer. Use any fat content, although I normally use 93% lean meat.
- Use any kind of beans - black beans are our favorite but pinto or kidney beans are great!

- Vegetable stock or beef stock can be used. We usually use low sodium stock.

Nutrition



Serving: 1 serving | Calories: 222kcal | Carbohydrates: 26g | Protein: 26g | Fat: 3g | Saturated Fat: 1g | Cholesterol: 43mg | Sodium: 999mg | Potassium: 904mg | Fiber: 8g | Sugar: 8g | Vitamin A: 412IU | Vitamin C: 18mg | Calcium: 79mg | Iron: 4mg

QR code

Scan this QR code with your phone's camera to view this recipe on your mobile device.



Cinnamon Protein Pancakes

A protein-rich pancake using whole wheat flour and dry milk powder. An easy recipe to add to your breakfast or snack routine!

Serving Size: 2 pancakes

Yield: 4 servings

Ingredients:

- 1 cup whole wheat flour
- 3 tablespoons nonfat dry milk powder
- 2 teaspoons granulated sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/4 teaspoon salt
- 1 whole egg
- 2 tablespoons oil
- 1 cup water



Directions:

1. Measure all dry ingredients (flour, milk powder, sugar, baking powder, cinnamon, salt) into a bowl and stir to combine.
2. Measure all wet ingredients (egg, oil, water) into a separate bowl and stir to combine.
3. Add wet mixture to dry mixture and mix until just combined.
4. Lightly grease a griddle/pan and set heat to medium for about 2 minutes.
5. Pour mix onto pan and cook until golden brown.
6. Flip pancakes and cook until golden brown.

Nutrition Information / Amount per serving: Calories 211, Protein 8 g, Total fat 8.5 g, Total Carbohydrates 27 g, Saturated fat 1.0 g, Dietary Fiber 3.5 g, Cholesterol 46 mg, Sodium 281 mg, Sugars 2 g, Added Sugars 2 g

Source: <https://www.chhs.colostate.edu/krnc/recipes/breakfast/>

Start your day with an antioxidant-rich breakfast! Try dark leafy greens in the winter and fresh tomatoes and zucchini in the summer. The flavors of this recipe can always change depending on what vegetables are in season!

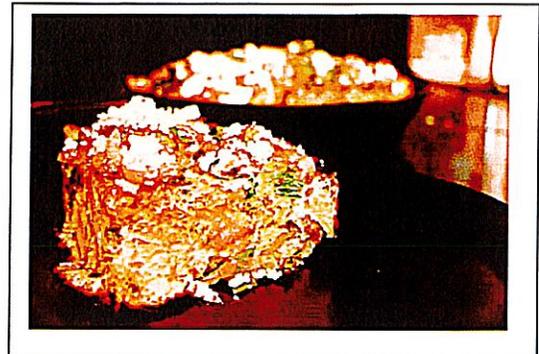
Seasonal Vegetable Frittata

Serving Size: 1/4 frittata

Yield: 4 servings

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 small onion, chopped
- 4 oz. unpeeled potatoes (~ 1 small potato), sliced thin
- 1 shallot, finely chopped
- ¼ teaspoon sea salt
- Black pepper, to taste
- 4 oz. (~1/2 cup) seasonal vegetables cut into 1/2 inch pieces
- 5 large eggs, beaten well
- 2 tablespoons goat or feta cheese, crumbled
- Small bunch of chives, chopped



Directions:

1. Heat olive oil in a 12-inch *ovenproof* skillet over medium heat and preheat the oven to broil.

Note: For a thicker frittata use a smaller skillet

2. Add the onions, potatoes, and half of the shallots. Sprinkle in ¼ teaspoon of salt and black pepper to taste. Cover and cook until the potatoes are fork tender. Add the rest of the vegetables and remaining shallots and cook until soft. Leave half of the vegetable mixture in the skillet, put the other half in a bowl and set aside.
3. Pour the beaten eggs into the skillet with the vegetables. Cover and cook until the eggs are cooked through.

4. When eggs are cooked, add the remaining shallots and remaining half of the vegetable mixture on top. Sprinkle on cheese and remove the skillet from the heat.
5. Place the skillet under a broiler for just a couple of minutes. Monitor closely, when the frittata is puffed up and set, it is done.
6. Remove from broiler and sprinkle on chives. Serve and enjoy.

Tip: To make this recipe **dairy free**, omit goat/feta cheese crumbles or swap with a nondairy cheese alternative.

Nutrition Information / Amount per serving:

- Calories- 200
- Protein- 11 g
- Total Fat- 10.5 g
- Total Carbohydrates- 16 g
- Saturated Fat- 3 g
- Dietary Fiber- 3 g
- Cholesterol- 235 mg
- Sugars- 2.5 g
- Sodium- 299 mg
- Added Sugars- 0 g

Source: <https://www.chhs.colostate.edu/krnc/recipes/breakfast/>

Salmon patties are a tasty, easy, and affordable way to incorporate heart-healthy omega-3 fats into your diet. Serve on a bun as a salmon burger or as a main entrée with roasted vegetables and a side of grains. Goes great with Dijon mustard or tartar sauce.

Salmon Patties

Serving size: 1 patty

Yields: 12 patties

Ingredients:

- 3 Tbsp. olive oil
- ½ medium onion, finely chopped
- ½ red bell pepper, seeded, and diced
- 1 garlic clove, minced
- 16 oz. canned salmon, bones, and skin removed
- 1 cup whole wheat bread crumbs
- 2 large eggs, lightly beaten
- 3 Tbsp. plain low-fat yogurt
- 1 tsp. Worcestershire sauce
- ¼ tsp. black pepper
- ¼ cup fresh parsley, finely minced
- Pinch of salt



Directions:

1. Heat a medium skillet over medium heat with 1 Tbsp. olive oil. Add diced onion and bell pepper and saute until softened (7-9 minutes) then add garlic and cook for 1 minute. Remove from heat.
2. In a large mixing bowl, combine salmon, sauteed bell pepper and onion, bread crumbs, beaten eggs, yogurt, Worcestershire sauce, black pepper, parsley, and salt. Mix to combine. Form into 2" wide by ½" thick patties.
3. In a clean nonstick pan, heat 1 Tbsp. olive oil, then add salmon patties in a single layer. Saute 3 to 4 minutes per side or until golden brown and cooked through. If salmon patties brown too fast, reduce heat. Remove finished patties to a paper-towel lined plate and repeat with remaining oil and salmon patties.

Nutrition Information / Amount per serving: Calories 84, Protein 10 g, Total fat 8 g, Total Carbohydrates 8 g, Saturated fat 1.5 g, Dietary Fiber 0.5 g, Cholesterol 31 mg, Sodium 325 mg

Source: <https://www.chhs.colostate.edu/krcnc/recipes/easy-pantry-meals/>

Leftovers burritos can be wrapped in aluminum foil and frozen for later enjoyment!

Rice, Bean and Chicken Burritos

Serving Size: 1 burrito

Yield: about 6 servings

Ingredients:

- 1-pound boneless, skinless chicken breast
- 1 10-16 oz. jar salsa
- 5 cups cooked brown rice
- 1 Tablespoon canola oil
- 1/2 onion, diced
- 1/2 bell pepper
- 1 15-ounce can black or pinto beans, drained and rinsed
- 2 teaspoons chili powder
- 2 teaspoons cumin
- 1 cup shredded cheese (optional)
- 6 whole wheat flour tortillas
- Salsa (optional)



Directions:

1. In a sauce pan, add 1 cup of salsa and 1 cup of water, bring to a low boil.
2. Add chicken breast to the pot, cover with a lid, reduce heat to low and simmer until internal temperature is 165 degrees F, about 15-20 minutes.
3. Begin cooking rice according to instructions on brown rice package to prepare 1.5 cups cooked rice.
4. Heat oil in a frying pan, then add onions and peppers and saute until softened, about 5 minutes.
5. Add black beans and spices onion mixture and continue to cook.
6. When all is done cooking, assemble 1/6 of each mixture into tortillas with shredded cheese (optional).
7. Roll burritos, wrap leftover burritos in foil to freeze.
8. Serve with salsa (optional).

Nutrition Information / Amount per serving: Calories 260, Protein 30 g, Total fat 12 g, Total Carbohydrates 45 g, Saturated fat 5 g, Dietary Fiber 4.5 g, Cholesterol 72 mg, Sodium 415 mg, Sugars 1 g, Added sugars 0 g

Source: <https://www.chhs.colostate.edu/krcn/recipes/easy-pantry-meals/>

Quinoa is a good source of heart healthy, alternative protein compared to red meat and other meat sources. These Stuffed Green Peppers are one good way of getting healthy monounsaturated and polyunsaturated fats into your diet.

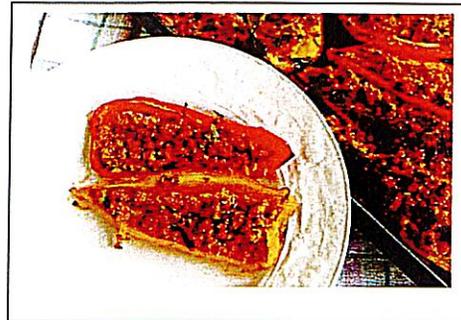
Quinoa Stuffed Green Peppers

Serving Size: 1 piece

Yield: 4 servings

Ingredients:

- 1 cup quinoa
- 2 cups water
- 4 large or 6 medium green peppers
- 1 medium onion, diced
- ½ lb. fresh mushrooms, sliced
- 2 Tablespoons olive oil
- 1 clove garlic
- 1-24 oz. jar Mexican salsa
- 2 Tablespoons apple juice
- 5 oz. mozzarella cheese, shredded, part-skim



Directions:

1. Pre-heat oven to 325°F.
2. Rinse and cook the quinoa.
3. In a large skillet, sauté the onion and mushrooms in oil. Add the crushed garlic and salsa. Cook over medium heat for 10 minutes. Add the apple juice and simmer 10 more minutes. Fold in quinoa.
4. Place peppers in baking dish and fill with quinoa mixture. This will take about half the mixture.
5. Thin remainder with reserved tomato juice and pour around peppers. Sprinkle cheese on top.
6. Bake peppers for 25 minutes.

Tip: To make this recipe **dairy free, vegan**, omit mozzarella cheese or substitute with a nondairy cheese.

Nutrition Information / Amount per serving: Calories 298, Protein 15 g, Total fat 13 g, Total Carbohydrates 27 g, Saturated fat 4 g, Dietary Fiber 5 g, Cholesterol 18 mg, Sodium 1680 mg

Source: <https://www.chhs.colostate.edu/krnc/recipes/entrees/>

A tasty soup packed with hearty lentils and vegetables!

Lentil Vegetable Soup

Serving Size: 1 cup Yield: 6 servings

Ingredients:

- 2 cloves garlic, minced
- 1 medium onion, chopped
- 2 large carrots, sliced or chopped
- 2 stalks celery, chopped
- 1 1/2 cups red or green lentils, rinsed well
- 8 cups water
- Pinch of thyme or any herbs of your choice
- Salt to taste



Directions:

1. Combine first 6 ingredients and bring to boil.
2. Add seasonings.
3. Reduce heat to medium-low and simmer, partially covered, until lentils are soft. Green lentils need about 45 minutes to 1 hour, while red lentils only need 20-30 minutes.
4. Puree half of the soup in the blender if you prefer a creamy soup.

Nutrition Information / Amount per serving: Calories 382, Protein 23.6 g, Total fat 2.6 g, Total Carbohydrates 66.0 g, Saturated Fat 0 g, Dietary Fiber 17.2 g, Cholesterol 0 mg, Sodium 45.3 mg

Source: <https://www.chhs.colostate.edu/krnc/recipes/easy-pantry-meals/>

Give your typical chicken tenders a healthy new look. Breaded in a blend of oats, fresh herbs, and Parmesan cheese-these chicken tenders have all the flavor of the ones you know and love but with a fraction of the fat and calories.

Oatmeal-Crusted Chicken Tenders

Serving Size: 4 ounces (about 2 chicken tenders)

Yield: 4 servings

Ingredients:

- 1 cup old fashioned rolled oats
- ¾ cup (3 ounces) grated fresh Parmesan cheese
- 1 teaspoon chopped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 lb. chicken breast tenders
- Cooking spray



Directions:

1. Preheat to 450°F.
2. Process oats in a food processor for about 20 seconds until coarsely ground.
3. Add in cheese, thyme, salt, and pepper. Pulse in the processor until just combined.
4. Spray both sides of the raw chicken tenders with cooking spray, then coat in oat mixture.
5. Place tenders on a greased baking sheet and bake for 15 minutes or until browned.

Nutrition Information / Amount per serving: Calories 380, Protein 33 g, Total fat 18 g, Total Carbohydrates 19 g, Saturated fat 6.5 g, Dietary Fiber 2.5 g, Cholesterol 90 mg Sodium 600 mg, Sugars 0.5 g, Added Sugars 0 g

Source: <https://www.chhs.colostate.edu/krnc/recipes/entrees/>