

# ENJOY THE FLAVORS OF THE PACIFIC ISLANDS

Island food offers a great variety of nutritious options including fish, fresh fruits, and vegetables.

When buying raw seafood, cook or freeze within one day of purchase.



## Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at [www.FoodSafety.gov](http://www.FoodSafety.gov).
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

## Try the island way of eating for a healthy diet:

- Mix together orange slices, pineapple tidbits, and kiwifruit for a quick and healthy salad.
- Try baked fish instead of fried fish and serve it with a baked sweet potato.
- For a tropical taste, add unsweetened shredded coconut to stir-fried rice.

## PINEAPPLE AND CHICKEN STIR-FRY

### Ingredients:

- ¼ cup light soy sauce
- 1 tablespoon sugar
- 1 tablespoon cider vinegar
- 1 tablespoon ketchup
- ½ teaspoon ground ginger
- 2 cloves garlic, minced
- 1 pound boneless skinless chicken breast, cut in bite-size chunks
- 2 tablespoons vegetable oil
- 1 (16-ounce) package frozen stir-fry vegetables\*
- 1 (16-ounce) can unsweetened pineapple chunks, drained\*



### Directions:

1. In a small bowl combine the first six ingredients, set aside.
2. In a large skillet or wok, stir-fry chicken in oil for 5 to 6 minutes until juices run clear and is no longer pink.
3. Add vegetables and stir-fry till crisp-tender, about 4 minutes.
4. Stir in soy sauce mix and pineapple and cook until heated.
5. Serve over brown rice to add whole-grain goodness.

**Yield: 6 servings**

### Nutrition Information (per serving):

Calories 200; Total fat 7 grams; Sodium 800 milligrams; Fiber 1.3 grams

\*WIC supplemental food