

If you have the time and don't mind cooking, any of the above ideas can be made at home too. Here are some additional ideas for healthy 'ono dishes to make.

PUPUS, SALADS & VEGGIES

Cheese and fruit tray

- with whole wheat crackers, sliced fruit and low fat mozzarella cheese

Bean dip

- use refried beans, low-fat shredded cheese and salsa
- serve with baked tortilla chips

Somen salad -

- use fishcake and/or egg

Frozen vegetables

Whole wheat bread and turkey cold cuts

- arrange to either have people make their own or pre-make and cut in halves or quarters. Don't forget the lettuce and tomato

MAIN DISHES

Stir-fries or hekkas

- use tofu, fresh fish, or fishcake

Chili

- use ground turkey or chicken
- add a variety of vegetables

Stew

- chicken or beef stew - add lots of veggies



Egg fu yung

- use 1 whole egg for every 2 egg whites used; add lots of chop suey vegetables

Portuguese bean soup

- with turkey ham and turkey sausage
- meatless

Oven fried chicken

- use skinless, boneless breast pieces

Baked or steamed fish

- with any kind of fish, from baked salmon to steamed opakapaka

Teriyaki beef or chicken

- trim the fat and remove the skin

Rice

- brown rice or half-brown/half-white rice

Chicken long rice

DESSERTS

Fruit salad -

- seasonal fruits
- those found in your backyard

Mochi



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Preferences, time and budget are often factors in what foods we choose to bring to potlucks and meetings. It is possible to bring healthy dishes that are tasty, healthy, simple, and can be relatively inexpensive.



Halehuki circa 1940

Imi Hale
Native Hawaiian Cancer Network
A Program of Papa Ola Lōkahi

No time or don't like to cook? Below are ideas on places where you can purchase healthy foods already made or that need only minimal preparation.

GROCERY STORES

Deli

Salads (choose those with no mayonnaise)

- fruit salad
- pasta salad
- namasu
- tofu watercress salad

Sushi

Bakery or Bread Sections

Bagels

- serve with plain or flavored low-fat or fat-free cream cheese

Fresh baked whole grain breads or French bread

- plain
- with peanut butter/jelly

Pita bread

- try with hummus in eggplant, roasted pepper, or garlic varieties

Produce Section

Fruits and veggies (just wash and slice)

- bananas, oranges, tangerines
- bag of small apples
- strawberries, grapes
- "already cut" carrot and celery sticks

Bag of salad greens

- serve with low-fat or fat-free dressing



Seafood Section

Poke

- try tofu poke as an alternative

Boiled soybeans or peanuts

Ocean salad

Lomi salmon

Poi

- buy a couple bags and mix with water in a big bowl

Snack Food Section

Animal cookies

Graham crackers

Pretzels

Baked chips

Farmer's Market/Open Market

Steamed 'uala, 'ulu, or kalo

Chicken or fish laulau

- buy a few bags (usually 3 in a bag); remove leaves; place in pan; halve or quarter each laulau

TAKE OUT RESTAURANTS

Pizza Restaurants

- vegetable pizza
- BBQ chicken pizza
- spinach/garlic/tomato pizza

Chinese Restaurants

- chicken/tofu mixed vegetables
- choy sum or gai lan with oyster sauce
- roast chicken
- steamed fish
- tomato beef, or any mixed veggie dish that's not fried
- Chinese chicken salad

Okazu-Ya

- musubi with nori and/or ume
- nishime
- shoyu/yakitori chicken
- teriyaki/broiled fish
- namasu

Zippy's

- vegetarian chili

COSTCO

- whole baked chicken
- fruit trays
- veggie platters
- bags of salad mix
- sushi
- fresh salad trays
(serve dressing on the side)

KFC

- mashed potatoes
- corn on the cob

Korean Restaurants

- any Korean vegetables
- BBQ chicken

Sub Sandwich Restaurants

- vegetarian
- turkey with lots of veggies

