

A large, faint, gray graphic of two crossed forks serves as a background for the text. The forks are crossed at their handles, with the heads pointing towards the top corners of the frame.

# MODULE 13

Lucky Number 13  
All Kinds of Sides

A large, faint, grey graphic of two crossed forks serves as a background for the text. The forks are positioned diagonally, with their handles pointing towards the bottom corners and their heads pointing towards the top corners.

In the last module

We wrapped up our proteins with fish so the main part of your plate is handled

If you're a vegetarian...this module's for you!



# Here's what you're going to learn

Potatoes, pasta and grains are your friends

Beans and legumes – don't forget them

Vegetables – Eat Them!

Tips and tricks for cooking them right so you will!

# Potatoes

The background of the slide features two large, dark gray forks crossed at their handles, forming an 'X' shape. The forks are positioned diagonally, with the tines pointing towards the top corners of the slide.

Easy to prepare, easy to find and inexpensive

Actually low in calorie and high in fiber (if you eat the skin)

Lots of variety



# Wide variety of potatoes



# Pasta

A large, semi-transparent graphic of two crossed forks serves as a background for the text. The forks are positioned diagonally, with their handles pointing towards the bottom corners and their heads pointing towards the top corners, forming an 'X' shape.

The three things to know about pasta

Al Dente

Salt the water – NO OIL!

Choose the right sauce for the right pasta



# Tip of the iceberg - Pastas



Two dark gray forks are crossed in the center of the image, with their handles pointing towards the bottom corners and their heads pointing towards the top corners. The word "Grains" is written in red above the intersection.

# Grains

It's not just rice

“Ancient” grains – quinoa, farro and their friends

All kinds of rice



# Lots of variety here, too!





# Beans and legumes



# Veggies





# Veggies

Myths –

They are tasteless

They are gross

They are mushy, slimy, disgusting

Reality –

You have to cook and season them right!



# Hit the produce department!



A graphic of two crossed forks, one in the foreground and one slightly behind it, both rendered in a dark gray color. The forks are crossed at their handles, forming an 'X' shape that frames the text.

In the next AND LAST module

IT'S TIME TO JUMP!