

My Eat Local Hawai'i Plate



VEGETABLES

- Avocado
- Beet Greens
- Beets
- Bittermelon
- Bok Choy
- Broccoli
- Cabbage
- Carrots
- Celery
- Chard
- Collards
- Cucumbers
- Daikon
- Edamame
- Eggplant
- Gobo
- Green Beans
- Green Onions
- Kale
- Kohlrabi
- Lettuce
- Lu'au leaf
- Mushrooms
- Mustard Greens
- Okra
- Pak Choi
- Peppers
- Pipinola
- Purslane
- Radishes
- Radishes
- Salad Greens
- Seaweed
- Snow Peas
- Spinach
- Summer squash
- Sweet potato greens
- Tomato
- Warabi (Ho'i'o)
- Watercress
- Wing Beans
- Won Bok

FRUITS

- Banana
- Coconut
- Dragon Fruit
- Grapefruit
- Guava
- Jack Fruit
- Lemon
- Limes
- Lilikoi
- Longon
- Mango
- Melon
- Mountain apple
- Orange
- Papaya
- Pineapple
- Poha Berries
- Pomelo
- Rambutan
- Sapote
- Soursop
- Star Fruit
- Strawberry
- Tangerine
- Watermelon
- +100 tropical fruits

Resources

Look for locally grown at island food stores and buy local!
Ask the produce manager at your food store to carry more locally grown fruits, vegetables and products.

Farmers Markets and CSA's:

hawaiihomegrown.net/resources/farmers-marketscsas

Hawaii Organic Marketplace:

hawaiiorganic.org/organic-marketplace

Learn More

www.eatlocalhi.org | www.hawaiihomegrown.net | www.hawaiifruit.net
www.slowfoodhawaii.org | www.hawaiiorganic.org



GRAINS- STARCH

- Breadfruit
- Cassava
- Cooking Banana
- Corn
- Dasheen
- Kabocha Squash
- Okinawan Sweet Potato
- Pumpkin
- Potato
- Taro
- Uhi (yam)

PROTEIN

- Fish
- Beef
- Pork
- Lamb
- Eggs
- Chicken
- Seafood (shrimp and abalone)
- Macadamia Nuts

OIL-SWEET-SALT

- Mac Nut Oil
- Honey
- Cane Sugar
- Chocolate
- Hawaiian Salt
- Vanilla

DAIRY

- KTA's Mountain Apple Brand Milk
- Goat Cheese
- Homemade Ricotta Cheese
- Butter
- Homemade Yogurt

EAT LOCAL PLATE MENU IDEAS

Follow the portion sizes on the plate above with 50% or greater of the meal or snack coming from the fruit and vegetable group.

Breakfast

- Eggs, veggies and herbs, meat, sautéed potatoes or breadfruit
- Potato or cassava pancakes with onion and egg
- Fruit salad with mac nuts, honey and homemade yogurt or ricotta or fresh coconut
- Smoothie with milk and fruit
- Sautéed banana with honey, nuts and fresh ricotta
- Baked custard cup with fruit
- Poi and fruit

Quick Lunch or Dinner

- Avocado stuffed with flaked fish, tomatoes and onion with a squeeze of lemon
- Potato/sweet potato salad with hard cooked egg and veggies
- Salad with grilled fish or meat, hard cooked eggs, goat cheese
- Grilled veggies with fish, meat, eggs or goat cheese or homemade ricotta
- Use a lettuce wrap for chopped meat/fish or veggies
- Soups—meat and veggies or veggie thickened with any of the starchy veggies listed.

Snacks

- Fruit
- Raw veggies
- Hard cooked egg
- Mac nuts
- Guacamole with veggies
- Boiled or baked sweet potatoes

Salad Dressing and Seasoning

- Mac nut oil and lemon, lilikoi or lime, herbs
- Thinned down guacamole
- Fresh herbs, onions, ginger, chili
- Zest of lemon and limes, fruit
- Homemade mayo with egg, lemon juice and mac nut oil
- Homemade Yogurt- flavor as you like

Menu suggestions from Vivienne Aronowitz M.P.H., R.D, Nutritionist