

Tips to make Healthy Eating Easier

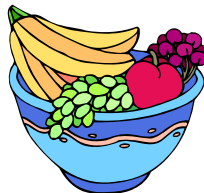
Whole Grains

- ✓ Try brown rice or whole-wheat pasta
- ✓ Use whole grains in mixed dishes, such as soups, stews, or casserole
- ✓ Choose foods that name whole wheat, whole oats, brown rice, etc first on the label's ingredient list



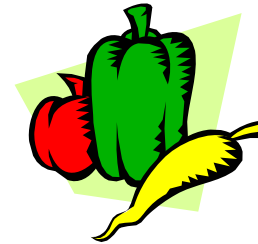
Fruits

- ✓ Vary your fruit choices- fruits differ in nutrient content
- ✓ Keep a bowl of whole fruit on the table, counter, or in the refrigerator
- ✓ Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides
- ✓ For dessert, have baked apples, pears, or a fruit salad



Vegetables

- ✓ Shred carrots or zucchini into meatloaf, casseroles, quick breads, or muffins
- ✓ Include chopped vegetables in pasta sauce or lasagna
- ✓ Set a good example for children by eating vegetables with meals and as snacks



Milk and Milk Products

- ✓ Opt for low-fat or fat-free options
- ✓ Include milk as a beverage at meals
- ✓ Use fat-free or low-fat milk in oatmeal and hot cereals instead of water
- ✓ Make a dip for fruits or vegetables from yogurt
- ✓ Make fruit-yogurt smoothies in the blender
- ✓ Chose lactose-free alternative, if needed

