



Nutrition and Pregnancy: Healthy Eating and Healthy Living

**Recipes and Tips for You and Your Family
June 2009**



**Brought to you from our kitchen to yours
The Bronx Health Link
The Bronx Regional Perinatal Forum**

**Compiled by Alexandra Salazar
For more information, call 718-590-2648
www.bronxhealthlink.org**

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List of Healthy Breakfast Foods

1. Eggs or egg whites
2. Lean slices of turkey or ham
3. Canadian bacon, turkey sausage or turkey bacon
4. "Veggie" sausage or bacon
5. Low-fat frozen waffles or pancakes with sugar-free syrup
6. Fresh vegetables, such as onions, peppers, tomatoes, broccoli and spinach for omelets
7. Fresh fruits, such as strawberries, blueberries, cantaloupe, watermelon, grapefruit, oranges and kiwi
8. Low-fat yogurt
9. High-fiber cereal or granola bars
10. Whole wheat rolls or bagels
11. Light bread products
12. Low-fat cheese
13. Low-fat cottage cheese
14. Low-fat cream cheese
15. Low-fat instant oatmeal and farina
16. Low-fat crackers or melba toast
17. Skim milk or low-fat milk
18. Peanut or almond butter
19. Low-sugar jelly
20. Preserves

Easy Breakfast Ideas

1. Omelet made with 3 - 6 egg whites or $\frac{1}{4}$ to $\frac{1}{2}$ cup Egg Beaters and 2 slices fat-free cheese or $\frac{1}{4}$ cup light cheese and 3 slices turkey bacon or turkey sausage with 2 slices light bread, plus $\frac{1}{2}$ banana or 1 small orange, apple, pear or 1 cup fruit salad
2. 1 cup oatmeal made with low-fat milk or water with ground flaxseed and almonds
3. Grilled cheese sandwich made with 2 slices light bread and fat-free or light cheese and spray butter
4. 2 frozen pancakes (the size of a CD/DVD) with egg whites and lean ham or turkey bacon and spray butter and sugar-free or light syrup
5. Smoothie made with 1 cup skim or low fat milk, $\frac{1}{2}$ banana and 1 tbsp. of peanut butter, with 2 slices light bread and spray butter
6. Yogurt parfait made with 1 container of light yogurt, 1 cup frozen berries and 2 tbsp. granola. Layer all ingredients in a cup.
7. 1 light bagel with sugar-free jelly and low-fat cream cheese
8. $\frac{1}{2}$ cup home fries with eggs and turkey bacon
9. $\frac{1}{2}$ cup low-fat cottage cheese with 1 tbsp. preserves and 2 slices whole wheat bread
10. French toast made with light bread or whole-wheat bread dipped in egg whites and pan fried with Pam cooking spray. Use spray butter and light syrup.

Healthy Breakfast Meal Ideas

Fresh and Fruity Parfait

Ingredients:

- 1 container of low-fat yogurt, any brand any flavor
- $\frac{1}{2}$ cup fresh or frozen berries, without added sugar
- 1 Tbsp. low-fat granola
- 1 Tbsp. fiber cereal
- 2 Tbsp. Fat-free non-dairy whip



1. Spread $\frac{1}{2}$ the yogurt on the bottom of the cup.
2. Spread $\frac{1}{2}$ of the berries on top of the yogurt.
3. Repeat steps 1 & 2 with the remaining yogurt and fruit.
4. Top mixture with the granola, cereal and non-dairy whip

Tasty and Filling Breakfast Omelet

Ingredients:

- 3 egg whites or $\frac{1}{2}$ cup Egg Beaters
- 2 slices fat-free cheese or $\frac{1}{2}$ cup fat-free cheese of any kind (if you want to use low-fat cheese, use $\frac{1}{4}$ cup shredded or 1 slice)
- Chopped-up veggies of your choice, such as zucchini, pepper, broccoli, tomatoes
- $\frac{1}{2}$ cup chopped up ham and turkey (optional)
- Pam cooking spray



1. Spray pan with cooking spray
2. Sauté vegetables until they are tender. Remove from pan and set aside.
3. Spray pan with cooking spray again and sauté ham or turkey until browned and set aside.
4. Pour egg whites or Egg Beaters into pan and cook for a few minutes, until the egg is $\frac{1}{2}$ way cooked.
5. Add veggies, meat and cheese and turn omelet over.

Corn, Barley and Black Bean Salad

Prep Time: 15 minutes

Cooking Time: 20 minutes

Servings: 8

Ingredients:

1 cup pearl barley

$\frac{1}{4}$ cup each olive oil and lemon juice

1 tsp. each Dijon mustard and salt

Pepper to taste

1 cup canned corn

1 cup canned black beans, rinsed

$\frac{1}{2}$ red pepper, seeded and diced

$\frac{1}{2}$ green pepper, seeded and diced

$\frac{1}{4}$ cup finely chopped red onion

$\frac{1}{3}$ cup finely chopped fresh basil or parsley (or a combination of both)

Preparation:

Bring a large pot of salted water to boil. Add barley; cook, uncovered, just until tender, 20 to 25 minutes. Drain well. Meanwhile, in a small bowl, whisk together oil, lemon juice, Dijon, salt and pepper until blended; set aside.

In a large bowl, stir together barley, corn, red and green peppers and onion. Toss with dressing, then with basil. Taste and adjust seasoning with more lemon juice or salt if desired.

Nutrition information per serving:

Protein: 2.5 grams

Fat: 6.5 grams

Carbohydrates: 27 grams

Calories: 177

Easy Cheesy Broccoli

This is a quick and easy recipe that can be made as a snack or as a side dish. It can be made with frozen broccoli in less than 10 minutes. It is a fast way to make a vegetable dish that everyone can enjoy.

Ingredients:

1 box frozen broccoli
Spray butter or light margarine
Parmesan cheese
Salt
Pepper
Adobo seasoning

Place frozen broccoli in the microwave and cook as per box directions. Spray the broccoli with spray butter or spread a little margarine on the broccoli. Sprinkle with 3 to 4 tablespoons of Parmesan cheese over the broccoli and season to taste with the salt, pepper and adobo.

Serve with your favorite meal.

Low-Fat Fake Mashed Potatoes

Ingredients:

1 head of cauliflower, cut into florets (discard core and large stems)
1 (14-ounce) can low-fat chicken or vegetable broth (or homemade - about 1 $\frac{3}{4}$ cups)
2 tbsp. butter
2 oz light cream cheese
2 tbsp. light sour cream
 $\frac{1}{2}$ cup shredded low-fat cheddar cheese
 $\frac{1}{4}$ cup sliced green onions, green and white parts
Salt and freshly ground black pepper to taste

Preparation:

Place cauliflower florets in a large saucepan. Add chicken broth and bring to a boil. Cover and simmer until very tender, about 12 minutes. Drain thoroughly and return to the pot over low heat. Cook about 2 more minutes to dry out excess moisture, stirring constantly.

Pour cauliflower into food processor fitted with metal blade. Add butter, cream cheese, sour cream, cheddar cheese, green onion, salt and pepper. Pulse to combine. Reheat before serving if necessary.

Yield: 6 to 8 servings.

Low-fat Whole Wheat Pasta Salad

Ingredients:

1 package (12 to 16 oz) whole-wheat tri-color pasta or protein-enriched pasta

1 each green, yellow and red peppers, seeded and chopped into $\frac{1}{4}$ pieces

1 cucumber peeled, seeded and cut into $\frac{1}{4}$ pieces

$\frac{1}{2}$ cup red onion cut into $\frac{1}{4}$ pieces

1 cup celery

Any other fresh vegetables that you wish to add, such as asparagus or zucchini, also cut into $\frac{1}{4}$ pieces

$\frac{1}{2}$ cup low-fat mayonnaise

2-3 tablespoons apple cider vinegar

2-3 tablespoons honey mustard (optional)

$\frac{1}{2}$ cup plain low-fat yogurt

Directions:

Cook tricolor pasta according to directions on package. Drain and cool. While pasta is cooking, chop vegetables and put in a large bowl. Add cooled pasta.

Stir in mayonnaise, vinegar, honey mustard and low-fat yogurt. Mix thoroughly. Add more yogurt if pasta seems dry. Refrigerate, covered, until chilled, 1-2 hours.



How to Make a Quick, Low-Fat Summer Wrap

1. Take a sandwich wrap and lay it flat on your plate.
2. Take a handful of lettuce, tomatoes and onions and spread it on your wrap. Veggies are very low in calorie and good for you, so pile them on.
3. Decide whether you want low-fat tuna salad, turkey and cheese or grilled veggies and cheese.
4. If you want tuna, measure out $\frac{1}{2}$ cup tuna. Spread it on your wrap and roll.
5. If you want turkey, take a 3 oz. portion and 1 slice cheese and spread it on your wrap. If you wish, top it off with 1 tbsp. low-fat mayo. Wrap and roll. Cheese can be high in fat, so you want to have it in moderation.
6. If you want grilled veggies, measure out 1 cup of grilled veggies, and spread it on your wrap. Top it with 2 slices of cheese. If you wish, add low-fat salad dressing. Wrap and roll.

It's that easy!

To complete your meal, measure $\frac{1}{2}$ cup low-fat potato salad on your plate and $\frac{1}{2}$ - 1 cup fruit salad, and you have a complete meal plus dessert for under 600 calories.

Simple Ways to Get Even Your Littlest Ones to Eat Fruits and Vegetables

Baby's 1st Pasta Primavera

This dish is easy to make and your little one will enjoy picking up the pieces and feeding himself. This recipe is good for babies who are able to chew bite-size pieces of their food.



Ingredients:

Bag of frozen vegetables, preferably carrots, cauliflower and broccoli
Parmesan cheese
Pasta, preferably bite-size such as orzo or elbows
Evaporated milk



Boil pasta and make sure it is a little on the soft side. Drain and set aside.
Boil vegetables until they are soft enough for baby to chew.
In a small bowl, mix the baby's portion of pasta and vegetables.
Add parmesan cheese to taste and a little evaporated milk and stir.

You can mash it up or make sure the pasta and vegetables are cut into small pieces that the baby can eat alone.

Egg & Broccoli Melt

This dish is high in protein, calcium and fiber. If you haven't introduced eggs to your baby, this is a good way to do it.



Ingredients:

Frozen broccoli (you can also try spinach, but make sure that it is chopped)
Cheddar cheese or feta cheese
Boiled egg
Boil the broccoli (make sure it is soft).
Mix with cheddar cheese or feta until the cheese gets soft and melts.
Chop the boiled egg and add to the broccoli and cheese mixture and watch your baby eat up.



Creamy Avocado Cereal

Bet you didn't think you could give your baby avocado as early as 6-8 months. Avocados are chock full of 25 essential nutrients such as fiber, potassium, vitamin E, B vitamins, and folic acid. Avocado is rich and creamy. Cut a slice into pieces and mix with your baby's favorite cereal. You can also add a few pieces of banana as well.



MEALTIME IDEAS FOR 2-5 YEAR OLDS

Breakfast (~300-350 calories)

2 slices whole wheat bread or English muffin
2 teaspoon jam
1 medium orange or apple (4 oz.)
1 egg or low-fat cottage cheese

1 $\frac{1}{2}$ cup unsweetened cereal (Cheerios, Special K)
1 cup 1% milk
1 $\frac{1}{4}$ cups strawberries or 12-15 grapes

2 pancake 4" across
2 tablespoons light syrup
1 cup 1% milk
1 medium pear, orange or apple

2 waffles, 4" across
2 tablespoons light syrup
1 large banana
3 slices turkey bacon

Lunch (~250-300 calories)

$\frac{1}{2}$ tuna sandwich (1 slice bread, low-fat mayo)
 $\frac{1}{2}$ cup 1% milk
 $\frac{1}{2}$ cup watermelon

4 piece chicken nuggets
 $\frac{1}{2}$ packet sauce
French fries, regular cut (10-15)

$\frac{3}{4}$ slice thin crust pizza, 1/8 pie (veggie slice best)
5 baby carrots

Hamburger (w/ top & bottom bun) with pickle
Tossed salad w/low-cal dressing

Dinner (~350-400 calories)

2/3-cup rice
 $\frac{1}{4}$ cup beans
Baked chicken breast
Tossed salad with 1/3-cup croutons

2/3-cup pasta
2 meatballs & $\frac{1}{4}$ cup meat sauce
Steamed broccoli

Breaded fish sticks (3)
 $\frac{1}{2}$ cup mashed potato

Snack Ideas (~100-200 calories)

- 5-7 whole grain crackers & low-fat cheese
- 12-15 cherries
- Lite or non-fat yogurt, 6-8 oz.
- Sliced 4 oz. apple w/peanut butter
- 1 $\frac{1}{4}$ cups melon w/low-fat cottage cheese
- $\frac{1}{2}$ baked potato (3 oz.) w/melted low-fat cheese & broccoli
- Mixture of 2 tablespoons raisins and $\frac{1}{4}$ cup unsalted peanuts
- 15 mini pretzel twists
- $\frac{1}{2}$ cup frozen yogurt
- 3 cups popped popcorn (plain, low-fat)
- 10-12 potato or tortilla chips
- 3 graham crackers
- $\frac{1}{2}$ English muffin (1 oz.) w/tomato sauce and melted low-fat cheese

$\frac{1}{2}$ grilled cheese sandwich
 $\frac{1}{2}$ banana or sliced 4 oz. apple
 $\frac{1}{2}$ cup 1% milk

Tossed salad with low-cal dressing
8 oz. 1% milk

1 cup Mac & cheese
(Use $\frac{1}{2}$ cheese pack if from box)
1 slice meatloaf
 $\frac{1}{2}$ cup cooked string beans

1 small baked pork chop
3 oz baked potato
 $\frac{1}{2}$ cup cooked vegetables

MEALTIME IDEAS FOR 6-10 YEAR OLDS

Breakfast (~300-350 calories)

2 slices whole-wheat bread or English muffin
2 teaspoon jam
1 medium orange or apple (4 oz.)
1 egg or low-fat cottage cheese

1 $\frac{1}{2}$ cup unsweetened cereal (Cheerios, Special K)
1 cup 1% milk

2 pancake 4" across
2 tablespoons light syrup
1 cup 1% milk
1 medium pear

1 cup unsweetened oatmeal
 $\frac{1}{2}$ large banana
1 hard-boiled egg

Lunch (350-500 calories)

Tuna sandwich (2 slices bread, low-fat mayo)
1 cup watermelon

6 piece chicken nuggets with 1 packet sauce
French fries, regular cut, (10-15)
Tossed salad w/ low-cal dressing

1 slice thin crust pizza, 1/8 pie (veggie slice best)
Tossed salad w/low-cal dressing
4 oz. apple

Hamburger (w/top & bottom bun) with pickle
Small bag of Chips (25-cent bag)
10-15 chips (1oz.)
Tossed salad w/low-cal dressing

Dinner (500-600 calories)

1 cup rice
 $\frac{1}{2}$ cup beans
Baked chicken breast

Breaded fish sticks (4)
1 cup mashed potato
Tossed salad with low-cal dressing
8 oz. 1% milk

Snack Ideas (~100-200 calories)

- 5-7 whole grain crackers & low-fat cheese
- 12-15 cherries
- Lite or non-fat yogurt, 6-8 oz.
- Sliced 4 oz. apple w/peanut butter
- $1\frac{1}{4}$ cups melon w/low-fat cottage cheese
- $\frac{1}{2}$ baked potato (3 oz.) w/melted low-fat cheese & broccoli
- Mixture of 2 tablespoons raisins and $\frac{1}{4}$ cup unsalted peanuts
- 15 mini pretzel twists
- $\frac{1}{2}$ cup frozen yogurt
- 3 cups popped popcorn (plain, low-fat)
- 10-12 potato or tortilla chips
- 3 graham crackers
- $\frac{1}{2}$ English muffin (1 oz.) w/tomato sauce and melted low-fat cheese

1 grilled cheese sandwich
1 banana or sliced 4 oz. apple
1 cup 1% milk
Tossed salad (lettuce, carrots, cucumbers, tomato)

$1\frac{1}{2}$ cups pasta
3 meatballs & $\frac{1}{2}$ cup meat sauce
Steamed broccoli

1 cup mac & cheese
2 slice meatloaf
 $\frac{1}{2}$ cup cooked string beans
 $\frac{1}{2}$ cup unsweetened applesauce

MEALTIME IDEAS FOR 11-14 YEAR OLDS

Breakfast (~300-350 calories)

2 slices whole wheat bread or English muffin
2 teaspoon jam
1 medium orange or apple (4 oz.)
1 egg or low-fat cottage cheese
1 $\frac{1}{2}$ cup unsweetened cereal (Cheerios, Special K)
1 cup 1% milk
2 pancake 4" across
2 tablespoons light syrup
1 cup 1% milk
1 medium pear
2 waffles, 4" across
2 tablespoons light syrup
 $\frac{1}{2}$ large banana
3 slices turkey bacon

Lunch (350-500 calories)

Tuna sandwich (2 slices bread, low-fat mayo)
1 cup watermelon
6 piece chicken nuggets with 1 packet sauce
French Fries, regular cut, (20-30)
Tossed salad w/ low-cal dressing
1 slice thin crust pizza, 1/8 pie (veggie slice best)
Tossed salad w/low-cal dressing
4 oz. apple
Hamburger (w/ top & bottom bun) with pickle
Small bag of Chips (25-cent bag), 10-15 chips (1oz)
Tossed salad w/low-cal dressing
1 grilled cheese sandwich
1 banana or sliced 4 oz. apple
1 cup 1% milk

Dinner (500-600 calories)

1 $\frac{1}{2}$ cup rice
 $\frac{1}{2}$ cup beans
Baked chicken breast
Tossed salad (lettuce, carrots, cucumbers, tomato)

1 $\frac{1}{2}$ cups pasta
3 meatballs & $\frac{1}{2}$ cup meat sauce
Steamed broccoli

2 slices meatloaf
 $\frac{1}{2}$ cup unsweetened applesauce
 $\frac{1}{2}$ cup cooked string beans
8 oz. 1% milk
Tossed salad
1 cup mac & cheese

Snack Ideas (~100-250 calories)

- 5-7 whole grain crackers & low-fat cheese
- 12-15 cherries
- Lite or non-fat yogurt, 6-8 oz.
- Sliced 4 oz. apple w/peanut butter
- 1 $\frac{1}{4}$ cups melon w/low-fat cottage cheese
- $\frac{1}{2}$ baked potato (3 oz.) w/melted low-fat cheese & broccoli
- Mixture of 2 tablespoons raisins and $\frac{1}{4}$ cup unsalted peanuts
- 15 mini pretzel twists
- $\frac{1}{2}$ cup frozen yogurt
- 3 cups popped popcorn (plain, low-fat)
- 10-12 potato or tortilla chips
- 3 graham crackers
- $\frac{1}{2}$ English muffin (1 oz.) w/tomato sauce and melted low-fat cheese
- 100-cal pack
- 1 sugar-free or fat-free pudding
- 1 oz. nuts
- Sandwich on 2 slices of light bread

Breaded fish sticks (4)

1 $\frac{1}{2}$ cups mashed potato

Tossed salad with $\frac{1}{2}$ cup croutons and low-cal dressing

1 large baked pork chop

3 oz baked potato

$\frac{1}{2}$ cup cooked vegetables

MEALTIME IDEAS FOR 15+ YEAR OLDS

Breakfast (~210-250 calories)

1 slice whole-wheat bread or $\frac{1}{2}$ English Muffin

1 Teaspoon jam

1 medium orange or apple (4 oz.)

1 egg or 1 low-fat cheese stick

$\frac{3}{4}$ cup unsweetened cereal (Cheerios, Special K)

$\frac{1}{2}$ cup 1% milk

$\frac{3}{4}$ cup strawberries

1 pancake 4" across

2 tablespoons light syrup

$\frac{1}{2}$ cup 1% milk

$\frac{1}{2}$ medium orange or apple

$\frac{1}{2}$ cup unsweetened oatmeal

$\frac{1}{2}$ large banana

1 hard-boiled egg

Lunch (450-600 calories)

Tuna sandwich (2 slices bread, low-fat mayo)

1 cup watermelon

8 oz. 1 % milk

6 piece chicken nuggets with 1 packet sauce

French fries, regular cut (20-30)

Tossed salad w/ low-cal dressing

1 slice thin crust pizza, 1/8 pie (veggie slice best)

Tossed salad w/low-cal dressing

4 oz apple

Hamburger (w/ top & bottom bun) with pickle

Small bag of Chips (25-cent bag), 10-15 chips

(1oz)

Tossed salad w/low-cal dressing

Dinner (600-750 calories)

$1\frac{1}{2}$ cup rice

$\frac{1}{2}$ cup beans

Baked chicken breast

Tossed salad (lettuce, carrots, cucumbers, tomato)

2 cups pasta

Meatballs & meat sauce

Steamed broccoli

Snack Ideas (~100-250 calories)

- 5-7 whole grain crackers & low-fat cheese
- 12-15 cherries
- Lite or non-fat yogurt, 6-8 oz.
- Sliced 4 oz. apple w/peanut butter
- $1\frac{1}{4}$ cups melon w/low-fat cottage cheese
- $\frac{1}{2}$ baked potato (3 oz.) w/melted low-fat cheese & broccoli
- Mixture of 2 tablespoons raisins and $\frac{1}{4}$ cup unsalted peanuts
- 15 mini pretzel twists
- $\frac{1}{2}$ cup frozen yogurt
- 3 cups popped popcorn (plain, low-fat)
- 10-12 potato or tortilla chips
- 3 graham crackers
- $\frac{1}{2}$ English muffin (1 oz.) w/tomato sauce and melted low-fat cheese
- 100-cal pack
- 1 sugar-free or fat-free pudding
- 1 oz. nuts

1 piece of fruit

1 grilled cheese sandwich

1 banana or sliced 4 oz apple

1 cup 1% milk

Breaded chicken or fish

$1\frac{1}{2}$ cups mashed potato

Tossed salad with 1 cup croutons and low-cal dressing

$1\frac{1}{2}$ cups mac & cheese

2 slices meatloaf

Tossed salad

$\frac{1}{2}$ cup unsweetened applesauce

1 large baked pork chop

6 oz baked potato with sour cream and/or butter

1 cup cooked vegetables

Healthy Yummy Smoothies

Peanut Butter Protein Power

8 oz fat-free milk (1% is ok)
1 Tbsp. Creamy Peanut Butter
 $\frac{1}{2}$ a banana
Ice
245 calories per 8 oz. cup



Yogurt and Fruit Twist

4 oz of low-fat or light yogurt any flavor
(plain is ok)
 $\frac{3}{4}$ cup mixed frozen fruit
Splash of fat-free milk
Ice
160 calories per 8 oz. cup

Berries Galore

$\frac{3}{4}$ cup frozen berries (raspberries, blueberries, strawberries)
 $\frac{1}{2}$ a banana
1 cup fat-free milk or water
 $\frac{1}{2}$ packet of Fruit Punch - Crystal Light on the Go, if water is being used
Ice
250 calories per 8 oz. cup if using milk;
170 calories per 8 oz. cup if using Crystal Light

Cherries Jubilee

$\frac{3}{4}$ cup frozen cherries
1 cup fat-free milk or 1 light yogurt (berry flavored or vanilla)
Ice

Peaches and Cream

$\frac{3}{4}$ cup frozen peaches
1 container light vanilla yogurt
Splash of vanilla extract
Ice

Boost your Omega 3s

You can add 1 tbsp. ground flax seed to smoothie recipes above before blending for extra omega 3s and fiber. One tbsp. adds an additional 60 calories, but they are heart-healthy and worth it!!

How To Add More Veggies To Your Diet

It's recommended to have 3-5 servings of vegetables every day! Here are some tips to help you reach that goal:

- 1 Frozen vegetables can be used in many recipes, and they are quick and easy to make in the microwave.
- 2 Have a vegetable side dish (steamed broccoli, cauliflower, green beans, peas) with every dinner.
- 3 Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup.
- 4 Add some chopped vegetables (peppers, mushrooms, onions) into a pasta sauce, lasagna, pizza or an omelet.
- 5 Add some lettuce and tomato to your favorite sandwich.
- 6 Add a bag of frozen vegetables to rice while it is boiling.
- 7 Carrots, peppers or celery with low-fat dip make a great snack. Buy canned vegetables labeled "no salt added."
- 8 Add chopped-up carrots, peppers and onion to tuna salad for a crunchy, appetizing sandwich filler.
- 9 Keep cherry tomatoes in a bowl in the refrigerator so you can snack.

How To Add More Fruit To Your Diet

**It's recommended to have 2-4 servings of fruits every day!
Here are some tips to help you reach that goal:**

- 1 Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- 2 Enjoy canned fruits as a snack, but make sure they are packed in water, not syrup.
- 3 Pack a container of applesauce for a snack. Make sure it does not have added sugar.
- 4 Top your cereal with bananas, strawberries, peaches or blueberries.
- 5 Slice a pear into instant oatmeal and heat in the microwave.
- 6 Try a fruit mixed with low-fat or fat-free yogurt.
- 7 Have fruit with your lunch.
- 8 Ask for apple slices at fast-food places.
- 9 As a snack, spread peanut butter on apple slices or top frozen yogurt with berries.
- 10 Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit.
- 11 Throw apple and orange slices on top of your salad. That way, you make sure to get your fruits and veggies all in one meal.

What Not to Drink

Beverage	Serving size	Calorie Count	Sugar content
Cranberry juice	1 cup	140	34 grams
Grapefruit juice	1 cup	130	29 grams
Fresh Samantha	1 cup	120-130	25-28 grams
Sunny Delight	1 cup	120	30 grams
Apple Juice	1 cup	120	23 grams
Lemonade	1 cup	110	27 grams
V8 Splash	1 cup	110	25 grams
Orange Juice	1 cup	110	22 grams
Coke	1 cup	100	27 grams
Ginger Ale	1 cup	100	24 grams
Capri Sun	1 cup	100	25 grams
Ice Tea	1 cup	100	23 grams
PowerAde	1 cup	70	15 grams
Gatorade	1 cup	50	14 grams



What to Drink

Beverage	Serving Size	Calorie Content	Sugar Content
Propel Fitness Water	1 cup	10 calories	2 grams
Crystal Light	1 cup	5 calories	0 grams
Diet Snapple	1 cup	0 calories	0 grams
Diet Clearly Canadian	1 cup	0 calories	0 grams
Diet Coke	1 cup	0 calories	0 grams
Diet Ginger Ale	1 cup	0 calories	0 grams
Diet Black Cherry Soda	1 cup	0 calories	0 grams
Diet Iced Tea	1 cup	0 calories	0 grams
Diet Mystic	1 cup	0 calories	0 grams
Flavored Seltzer	1 cup	0 calories	0 grams
Sprite Zero	1 cup	0 calories	0 grams
Diet Orange	1 cup	0 calories	0 grams

Smart Substitutes

Instead of this:	Try using this:
Shortening, butter, margarine, or solid fat	Use $\frac{1}{4}$ liquid oil or solid fat called for in the recipe. If recipe calls for 1 cup, use $\frac{3}{4}$ cup. If recipe uses $\frac{1}{4}$ cup shortening, use 3 tbsps. oil. Use equal amounts of oil for melted shortening, margarine or butter.
Shortening, butter, or oil in baking	Use applesauce or prune puree for half of the butter, shortening or oil. May need to reduce baking time by 25%. Substitute flax for fat in your recipes, using 3 tbsps. ground flax seed for 1 tbsp of margarine, butter or cooking oil. Baking with flax, as fat substitute, will cause baked goods to brown more quickly.
Instead of whole milk, half and half or evaporated milk	Use skim milk or 1% milk, evaporated skim milk or fat-free half and half.
Butter, shortening, margarine, or oil to prevent sticking. Fat to sauté or stir-fry.	When frying foods, use cooking spray, water, broth or nonstick pans.
Full-fat cream cheese	Use low-fat or non-fat cream cheese
Full-fat sour cream	Use non-fat or reduced-fat sour cream or fat-free plain yogurt. Use 2% or fat-free cottage cheese.
Full-fat cottage cheese	Use part-skim ricotta.
Full-fat Ricotta cheese	
Cream	Use evaporated skim milk
Whipping cream	Use non-fat whipped topping or cream (This is only nonfat if one serving size is used.)
Eggs	Use egg whites (usually 2 egg whites for every egg) or $\frac{1}{4}$ cup egg substitute
Whole-fat cheese	Use reduced-fat cheese, but add it at the end of the baking time or use part skim mozzarella. You can use a mixture of $\frac{1}{2}$ regular cheese and $\frac{1}{2}$ fat-free in your recipes.
Frying in fat	Bake, boil, broil, grill, poach, roast, stir-fry, or microwave
Regular mayonnaise or salad dressing	Use low-fat, reduced or nonfat mayonnaise or salad dressing or spray salad dressing. Use low-fat yogurt mixed with mayo instead of mayo for pasta and tuna salads.
Canned fish in oil	Use water-packed canned products
Fatter cuts of meats - skin on	Leaner cuts of meat or ground meat. Remove skin before cooking.
Canned fruit in syrup	Canned products in "lite syrup" or in syrup sweetened with Splenda or Equal

Supermarket Basics List

Grains

- Brown Rice
- Whole wheat bread
- Light Bread
- Oatmeal
- Farina
- Low-sugar cereal
- Whole-wheat Pasta

Milk & Milk Products

- Low-fat 1% milk
- Skim milk
- Low-fat or light yogurt
- Lact-aid low-fat milk

Starchy Vegetables/Beans

- Peas
- Corn
- Sweet Potatoes
- Yucca/Cassava
- Squash
- Beans

Fats

- Light Mayo
- Spray Butter
- Light Butter
- All-Natural Peanut Butter
- Extra-virgin olive oil
- Avocado
- Nuts

Proteins

- Eggs
- Lean chicken, meat, pork
- Salmon
- Tofu, vegetarian products
- Low-fat Cheese

Drinks

- Bottles of water
- Crystal Light
- Diet Soda
- Low-fat Milk
- Fruit H2O

Fruits

- Apples
- Bananas
- Berries
- Pears
- Oranges
- Kiwis
- Mangoes
- Pineapples
- Peaches
- Plums
- Frozen fruits with no sugar added
- Grapefruits

Vegetables

- Broccoli
- Spinach
- Carrots
- Cauliflower
- Eggplant
- Onions
- Green/Red/Orange/Yellow Peppers
- Collard Greens
- Romaine Lettuce
- Tomatoes
- Kale
- Zucchini
- Squash
- Cabbage
- Frozen Mixed Vegetables
- Mixed Greens
- Turnips
- Parsnips

Other snacks

- 100-calorie snacks
- Low-fat pudding
- Baked chips
- Granola bars
- Low-fat popcorn
- Low-fat yogurt
- Graham crackers
- Nuts and raisins
- Low-fat string cheese



Food “must-haves” for a low-cal, low-fat, varied FUN diet!

1. Light bread (Thomas' Light Bagels, Whole Wheat Bagels, Stop n' Shop Bagels, Stop n' Shop Light Raisin Bread, Whole Wheat Rye Bread, Thomas' Light English Muffins)
2. Laughing Cow Light cheese, any variety.
3. Axelrod Fat-free cottage cheese with pineapple.
4. Dannon Light N' Fit yogurts and smoothies.
5. Perdue Shortcuts chicken breast pieces and pre-chopped chicken.
6. Kozy Shack By Request Sugar-Free Rice and Tapioca pudding.
7. Kraft or Borden Fat-Free cheese.
8. I Can't Believe It's Not Butter Spray Butter
9. PAM or any other cooking spray.
10. Splenda
11. Light baked ham slices.
12. Egg whites or Egg Beaters

13. Nabisco 100-calorie snacks.
14. Baked Chips (Doritos Lays) and/or Fat-free chips
15. 94% Fat-Free Popcorn (Kettle Korn)
16. Fat-free Sour cream
17. Sugar-free preserves (Smucker's Polaner All-Fruit)
18. Light Cool Whip
19. Frozen fruit pieces without syrup (Dole)
20. Light Pancake Syrup

Note: The Bronx Health Link does not endorse any particular product brands. These suggestions are provided for information only.