

# Choosing Healthy Options 1

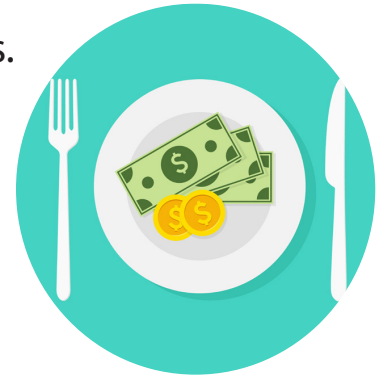
## Get the most nutrition bang for your buck.

Healthy choices can be made both at home and at a restaurants. Where you eat isn't as important as what you eat.

### Eating at home

Tips for more nutritious options:

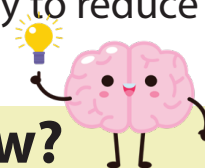
- Eat something from each food group for a balanced meal.
- Use the MyPlate diagram as a guide for good nutrition.
- Choose leaner meat cuts such as chuck, loin and round.
- Drain excess fat into a can when cooking meat or pat down excess fat with a paper towel.
- Make half your grains whole grains.
- Add more herbs and spices for flavor instead of using salt.
- Choose healthier options when baking:
  - Use less sugar in the recipe.
  - Swap out some sugar with fruit (fruit puree, mashed bananas or berries).
  - Use plain applesauce in place of oil the recipe calls for.
  - Add some whole-wheat flour or ground flax seed.
  - Add spices such as cinnamon for more flavor.



### Dining at restaurants

Tips for more nutritious options:

- Choose foods from each food group.
- Choose a smaller sandwich and add extra vegetables.
- Substitute fries with a side salad, vegetables, fruit or baked chips.
- Choose whole grain breads and cereals.
- Choose fruit for your dessert.
- Order the butter on the side and use sparingly to reduce fat.
- Drink milk or juice instead of soda.



## Did you know?

Popcorn is a whole grain and can be a nutritious snack! Go lightly on the butter and salt when you need to keep calories and sodium down.

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