

Choosing Healthy Options 2

Healthy eating is homemade!

Cooking at home allows you to make a more nutritious plate.

Tips for cooking more nutritious meals:

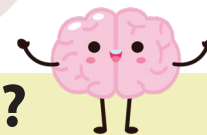
- ✓ Steam, grill, bake, roast, braise or stew your proteins instead of frying.
- ✓ Keep frozen vegetable mixes on hand to easily add colorful variety.
- ✓ Add beans or lentils to your salad for more protein and fiber.
- ✓ Add extra vegetables to homemade casseroles and pasta.
- ✓ Choose corn tortillas over flour tortillas to limit refined grains and to get more whole grain and fiber.
- ✓ Choose whole wheat pastas and whole grain cereals instead of refined grains.
- ✓ Steam vegetables instead of boiling.



Instead of boiling vegetables, place them on a steamer in the pot on the stove (which acts as a small shelf for the vegetable). Fill the water to the level of the steamer and cover the pot so you don't lose important nutrients when cooking. A microwavable steamer is also a good option and can save time.

Tips for preparing a more nutritious plate:

- ✓ Drink milk or soy milk with meals to increase protein and calcium.
- ✓ Add fruit to yogurt and cereal for sweetness.
- ✓ Keep cut-up fresh fruits and vegetables or single-serving fruit cups on hand to add to your meals.



Did you know?

Fresh, frozen and canned fruits and vegetables all count towards your daily fruit and vegetable goals. You can rinse canned items to reduce sugar and sodium.

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