

Recipe Makeover

Recipe Makeover:

- Change your favorite dishes to make them healthier by choosing whole grains instead of processed grains, choosing low fat over whole fat, and adding in vegetables.
- Season your foods with cheeses that are strong-tasting and fairly low in fat, such as Parmesan and feta - where a little goes a long way.
- Choose good-quality items.
- Choose items with a variety of flavors, textures, scents, and colors.
- Cook veggies like green beans and broccoli lightly, so they stay crisp and colorful.
- Dress up food with herbs, spices, low-fat salad dressings, lemon juice, vinegar, hot sauce, plain nonfat yogurt, and salsa.
- Grill or roast veggies and meat to bring out the flavor.
- Choose lower fat cuts of meat. For example, if ground beef is called for, try ground turkey or 95% lean ground beef.
- Add in handfuls of spinach to a pasta or grain dish.
- Blend spinach or other vegetables into sauces.
- Choose high fiber/high protein pasta alternatives.
- Chose whole grains instead of white rice or pasta.



Remember, making healthy choices is part of a healthy approach to eating.

Choose items that:

- Are low in calories, fat, and sugar
- Are high in fiber and water
- Are high in vitamins, minerals, and protein

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Find a recipe you currently make or want to try. In the left column of the chart below, write the food for which you want to find a healthy substitute. In the right column, write a healthy swap.

Instead of...	Choose...