

# Healthy Meals for Healthy Families

Modifying already familiar recipes your family is currently eating is the easiest way to begin to make changes in your families overall diet. Begin by making only one change at a time, and slowly your families craving for high fat, high sweet foods will change. Some of these small changes could include, but aren't limited to: Substitute unhealthy ingredients for healthy ones, eliminate an ingredient entirely if it doesn't add any nutrition benefits, change your method of cooking to broiling, grilling, or steaming, and reduce portion sizes.

## Healthy Substitutions

When cooking or baking use the following healthier substitutions:

- Reduce sugar by 1/2 in baked goods. This will not change consistency, only sweetness will be affected.
- Lower the fat by reducing the oil by 1/4 cup.
- Replace oils with heart healthy oils such as Canola and Olive oil.
- Use Evaporated skim milk in place of heavy creams for creamy sauces and soups.
- Fruit juice or broth can be used for salad dressings or marinades instead of oil.
- Two egg whites can replace one whole egg.
- Thicken broths with corn starch rather than heavy creams and butter.
- Phyllo dough is a healthier alternative for pastries and pie crusts.
- Replace sour cream with plain yogurt.
- Replace high fat ground beef with lean ground beef or lean ground turkey.
- Change from 2% milk to 1% or skim.
- Replace or add beans to meat dishes such as taco meat or sloppy joes.
- Replace a portion of oil in baked goods with applesauce.
- If lowering the fat in baked goods, use a low-gluten cake flour instead of all-purpose flour for a more tender product.
- Replace a portion of your chocolate for cocoa powder which is healthier.
- Low-fat buttermilk can replace sour cream, and be extra delicious.
- Replace white pasta with whole-grain pasta
- Replace white bread with whole wheat bread.

## Healthy add-ins

Adding healthy, nutrient dense foods can increase the health benefits of your meal.

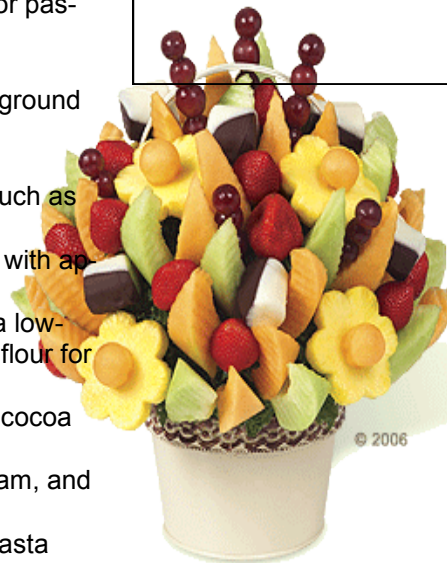
**Add to sauces:** whole or pureed vegetables, whole or pureed beans,

**Add to baked goods:** Whole wheat flour, ground flax meal, wheat germ, ground bean flour, berries, pureed fruit (applesauce or pumpkin), pureed vegetables.

**Add to cereals, oatmeals, trail mixes, granola salads etc:** Dried fruit, chopped nuts, whole wheat, berries,

## Healthy Snack Ideas

- \* Fresh fruit
- \* String cheese
- \* Vegetables
- \* Air-popped popcorn
- \* Graham Crackers
- \* Pretzels
- \* Yogurt
- \* Home-made granola bars
- \* Hard boiled egg
- \* Dried fruit
- \* Homemade mini-muffins
- \* Apples dipped in peanut butter
- \* Trail mix
- \* Fruit leather (100%) fruit



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