



# Healthy Habits

Tips and resources for living well



## This Month: Making Meals More Wholesome

**How to add flavor and nutrients.** This month experiment in the kitchen with ways to make your meals more nutritious. In this issue, we'll discuss making meals healthier without sacrificing flavor—we'll tell you how to make fruits and vegetables more appealing for kids, plus tell you how to lighten up some of your favorite meals. We'll also tell you about various seasonal foods (including one that's truly a nutritional superstar), and suggest ways to get the whole family involved in enjoying them.

### Getting together with friends?

#### Bring this healthy snack

Serve these homemade, whole-grain pita crisps with a nutritious dip, such as guacamole or salsa.

**Ingredients:**

- 4 whole wheat pita bread pockets
- 2 Tbsps. olive oil

**Directions:**

- Cut the pita pockets in half.
- With a pastry brush, paint a very light coating of olive oil on both sides of each pita.
- Stack the pita halves in an even pile.
- With a knife, cut the stack in half, then into quarters, then into eighths.
- Separate the pieces and arrange them on a lightly oiled baking sheet.
- Toast chips in a preheated 350 degree oven for about 10 minutes or until crisp.

### Making fruits and veggies fun for kids

**It's easier than you think!** If your kids turn up their noses at anything green, read on! These easy tips will have your kids eating and enjoying fruits and vegetables so much that they'll forget to complain.

- **Top this!** Having cereal? Top it with sliced berries or bananas.
- **Keep 'em visible.** Leave a bowl of fresh fruit, including apples, bananas and oranges, on the kitchen counter; this colorful fruit basket is likely to catch your child's eye when they're craving a treat.
- **Transform old favorites.** Love lasagna? Make a veggie version. Try eggplant parmigiana instead of chicken parmigiana. Baking a cake? Swap applesauce in for oil to make sure your cake stays moist.
- **Skip the shell.** If you're making tacos, wrap the meat and toppings in a large lettuce leaf.
- **Drink 'em.** If you have a blender, turn some of your fruit and veggies into colorful, tasty smoothies.

# Healthy Habits



## Get the skinny on entrées Smarter dinner ideas

What's for dinner? Build up your stash of healthy entrée ideas so you never have to resort to the drive-through. Keep these tips in mind:

- Stick to lean proteins such as salmon, tilapia, skinless chicken, or turkey
- Use low-calorie marinades on your proteins like low-sodium soy sauce, balsamic vinegar, honey mustard, and lemon juice
- When making a burger, substitute beef for a juicy Portobello mushroom, turkey patty, or veggie burger
- Make a hearty bean salad mixed with corn, avocados, tomatoes, and fresh herbs
- Grill up some lean protein and vegetables stacked on a skewer for a fun and flavorful kabob

## Sweet potatoes A healthy Substitute

Craving carbs? Try trading up from regular white potatoes to colorful orange sweet potatoes! Here are just a few great reasons to try this nutritional superstar:

- Sweet potatoes, which are in season from August through October, are packed full of antioxidants and vitamins, especially Vitamin A and C. They're also filled with fiber—leave the skin on for an even bigger fiber boost!
- The natural flavor of a baked sweet potato means you can use fewer toppings, which helps you cut down on calories. These spuds can also be used in casseroles, side dishes, and even pie!
- Try a lightened-up version of French fries by sprinkling sliced sweet potatoes with olive oil, salt, and pepper, and baking them in the oven until crispy.

## Fall for seasonal produce Get the whole family involved!

With autumn comes a delicious bounty of vegetables and fruits. But there's more you can do with this seasonal produce besides just eating it—you can include it in a fun family activities. Try these ideas:

- **Fresh fun for everyone!** Get your family out in the fresh air—take them to a local farm to pick apples or pumpkins.
- **Find recipes that utilize seasonal produce.** Choose one whose main ingredients include a nutritious fall vegetable—like cauliflower, kale, or zucchini—and serve it at your next meal.
- **Grow your own.** The cool, crisp fall weather is great for gardening. Try planting some beets, carrots, onions, cabbage, leeks or radishes—get the whole family to pitch in and help. Gardening is also a fun way to fit some physical activity into your day.

## QUIZ: How much do you know about making meals healthier?

1. **Which are seasonal fall vegetables?**
  - a. Zucchini
  - b. Cauliflower
  - c. Kale
  - d. All of the above
2. **Which can be used as a substitute for oil when baking a cake?**
  - a. Applesauce
  - b. Apple butter
  - c. Apple pie
3. **Which meat is a lean protein?**
  - a. Skinless chicken
  - b. Salmon
  - c. Turkey
  - d. All of the above
4. **Where can you find more healthy recipes and cooking tips?**
  - a. Your Wellness website
  - b. Your favorite restaurant

Answers: 1 d, 2 a, 3 d,