

Quick Tips for Nutritious Eating

Most of us struggle with time constraints that make it very difficult to eat nutritiously all the time. Here are some easy tips for incorporating some of the most nutritious foods into your meals. Add your own ideas under each group!

Vegetables

- Add chunks of steamed acorn, butternut or other winter squash to your bean soups
- Make your omelets with onions, mushrooms, and green peppers
- Make your own veggie pizza
- Bring baby carrots with low-fat dip to work
- Order sandwiches with lettuce and tomato
- Add chopped spinach (buy frozen, thaw and squeeze out all the water) to your favorite dips
- Try the mashed winter or butternut squash found in the frozen section of the grocery store
- Microwave a whole acorn squash or a sweet potato (pierce first with a fork) for 10-15 minutes on high until it is tender. Cut in half and serve as is or sprinkle with cinnamon and drizzle with maple syrup

Other ideas:

Fruit

- Make your own smoothies. In a blender, mix fruit such as strawberries, bananas, peaches, or mangos with fat-free skim, or low-fat milk or low-fat frozen yogurt until smooth. For a more filling smoothie, add a scoop of vanilla-flavored soy protein powder.
- Try dried fruit as snack (blueberries, cherries, apricots, etc.)
- Make your own trail mix with nuts, dried fruits and a low-sugar cereal like Cheerios™
- Cut up fruit and take it with you to work

Other ideas:

Fiber and whole grains

- Choose whole grain breads with at least 2 grams. fiber/serving or breakfast cereals with 3 grams fiber/serving
- Make your own pizza using whole wheat bread dough (buy the dough frozen in the grocery store)
- Eat instant oatmeal (cook using skim milk instead of water for a high calcium meal)
- Try instant brown rice and whole wheat pasta
- Choose whole grain frozen waffles and pancakes
- Choose veggie, soy and bean burgers instead of meat-based ones (also in frozen section)

Other ideas:

Choose Calcium-Rich Foods

Most of us know that dairy products are rich in calcium. Choose low-fat or fat-free milk, yogurt and other milk products. For those who cannot tolerate dairy foods, or simply don't like them, here are some non-dairy, calcium-rich alternatives.

- Acorn or butternut squash
- Baked beans
- Cooked soybeans
- Sardines
- Calcium and vitamin D fortified soy milk
- Tofu (with calcium sulfate added)
- Canned salmon with bones
- Calcium and vitamin D fortified orange juice
- Spinach, collard, mustard & other greens.