



FAMILY MEAL MAKEOVERS

BETTER NUTRITION = BETTER VALUE



If you and your family like the following meals, snacks, and desserts, you'll LOVE these nutritious makeovers!

Like Apple Fritter Donuts?

Try: Pancakes made with natural applesauce mixed in and sprinkled with cinnamon, chopped apples, and walnuts.

Like Toaster Waffles?

Try: Making whole grain toaster waffle "burritos." Top toasted waffle with sliced bananas and strawberries and roll it up to eat on the go.

Like Cereal with 1% or Fat-Free Milk?

Try: Adding favorite fresh or dried fruit (like blueberries, strawberries, peaches, raisins, dates, or dried cranberries, apricots, or figs).

Like Peanut Butter and Jelly Sandwiches on White Bread?

Try: Adding peanut butter and sliced banana (or apple) on whole grain bread.

Like Turkey Wraps with Lettuce and Mayo?

Try: Making a turkey wrap with lettuce, sliced avocado, and tomato.

Like Macaroni and Cheese?

Try: Adding frozen peas, broccoli, or corn after the pasta is nearly cooked, or simply adding a side salad.

Like Grilled Cheese Sandwiches?

Try: Using mozzarella cheese and adding sliced tomato and fresh basil.

Like Canned Chicken Noodle Soup?

Try: Preparing homemade chicken noodle soup with your favorite veggies added (like canned or frozen peas, corn, spinach, or beans).

Like Spaghetti?

Try: Doubling the red sauce and using half the meat; add a side salad or use spaghetti squash instead of spaghetti for a new twist!

Like Baked Potatoes with Sour Cream?

Try: Baked potatoes topped with cottage cheese and chives, with broccoli and low-fat cheddar cheese, or with chili.

Like Pasta side dishes?

Try: Sautéing fresh asparagus, mushrooms, spinach, and/or shredded carrots in olive oil and garlic as a healthier side dish.

Like Pizza?

Try: Adding a side salad, adding veggies, and reducing the meat and cheese on the pizza.

Like Hamburgers and Fries?

Try: Substituting the fries for herbed baked potatoes. Quarter small potatoes, mix with 1 tsp olive oil and your favorite herbs/spices. (e.g. any Mrs. Dash seasoning mix, oregano, thyme, or Italian seasoning). Bake at 400 degrees until done.

Like Chili?

Try: Doubling the beans and veggies and halving the meat.

Like Chips with Ranch dressing?

Try: Mixing carrot coins, cucumber slices, and bell pepper strips with ranch dip (mix fat-free plain yogurt with ranch dressing mix).

Like Yogurt?

Try: Adding favorite canned, frozen, or fresh fruit like diced peaches, nectarines, or pineapple.

Like Low-fat Trail Mix or Granola?

Try: Adding dried fruit like raisins, dates, figs, apricots, apples, or cranberries.

Like Vanilla Ice Cream?

Try: Topping with your favorite frozen fruit.

Like Pie? (two crusts, canned filling)

Try: Preparing a simple, homemade cobbler with frozen fruit.

