

# **MEALTIME STRATEGIES**

## **BREAKFAST**

- Choose fruit more often
- Choose whole grain cereals/ products more often
- Make pancakes/ waffles with whole wheat flour instead of white flour and egg whites instead of whole eggs, top with a fruit compote
- Try a fruit smoothie for variety, make with frozen fruit, skim or soy milk & yogurt

## **LUNCH**

- Try a fiber-rich bean, split pea, vegetable, or minestrone soup (watch the sodium content)
- Have a bean salad or mixed greens with plenty of colorful vegetables and a small amount of olive oil-based salad dressing
- Try sandwiches made with water-packed tuna, sliced chicken, turkey, lean meat, and/ or reduced-fat cheese, and use whole grain bread/ pita bread and condiments such as mustard, salsa or light mayo
- For dessert, have fresh fruit, low-fat yogurt, a frozen fruit bar, or low-fat pudding
- Fruit juice and skim milk are good beverage choices. Club soda with a twist of lime/ lemon or hot/ iced tea with lemon are also good choices

## **DINNER**

- Eat a variety of vegetables, (those from the cabbage, dark-green, leafy & yellow-orange families), sprinkle with lemon juice/ herbs and top potatoes with low-fat plain yogurt, chives and/ or salsa
- Try whole wheat pasta and casseroles made with brown rice, bulgur, and other grains, stick with light white sauces or tomato-based sauces
- Substitute whole grain breads/ rolls for white bread
- Choose main dishes that call for fish, poultry, or lean meat (remove visible fat), or go vegetarian with tofu, tempeh or textured vegetable protein (TVP)
- Choose desserts that are nutritious such as baked apples with cinnamon or brown rice pudding made with skim or soy milk

## **SNACKS**

- Make dips with nonfat plain yogurt as the base (for raw veggies/ fresh fruit/ pita bread)
- Plain, air-popped popcorn is a great low-fat snack packed with fiber (or choose low-fat microwave popcorn, but be aware that this is a higher sodium choice)
- Instead of chips, try toasted shredded wheat squares sprinkled with a small amount of Parmesan cheese or toasted plain corn tortillas with salsa
- Be sure to drink plenty of water, hunger can be mistaken for thirst