Mix up your meals with new ideas

Start with a dish you know--and add variety!
Try one of these fresh ideas to make your meals healthier.

Fruits and Vegetables:

- add **spinach** to lasagna
- top salads with **mandarin oranges**
- dip **raw carrots** in hummus
- add **canned tomatoes** to pasta sauce
- mix **frozen broccoli** into rice
- add **dried cranberries** or **raisins** to oatmeal

Dairy (choose low fat or no fat options):

- drink **milk** with your meal
- eat **cottage cheese** with pineapple or peaches
- add **milk** or **yogurt** to a smoothie
- use **plain greek yogurt** instead of sour cream on tacos
- use **mozzarella** on veggie pizza
- try **yogurt-based** salad dressing

Protein:

- add **beans/lentils** to rice, soups and casseroles
- dip apples, celery or carrots in **peanut butter**
- try **turkey bacon** in place of bacon on a bacon, lettuce and tomato (BLT) sandwich
- make **hard-boiled eggs** ahead of time to eat as snacks or on salads
- bake **chicken breasts** ahead of time and add diced chicken to soups, salads, pasta and burritos

Grains:

- use **whole grain bread** for sandwiches
- combine **whole grain pasta** with white pasta
- mix **brown rice** with white rice
- make a veggie burrito with **whole grain tortillas**
- add **barley** to vegetable beef soup
- try **air-popped popcorn** without butter or salt
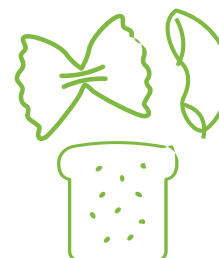
Contact your local FoodWIse program to learn more:

FOOD WISE
Healthy choices, healthy lives.

UW–MADISON EXTENSION