



healthy eating made easy

TIPS FOR COOKING AND SHOPPING

Healthy eating takes time and planning, but it's worth the effort. Here are a few examples of small changes you can start to make today;

Eat more fruits and vegetables

Eat fruit or vegetables at every meal. They make great snacks too.

Eat at home more often

Start by organizing your kitchen, buy a new healthy cookbook, and try a new recipe each week. Make a list of quick meal ideas and keep a shopping list. Prepare larger meals on the weekends so you can enjoy the leftovers on busy days.

Choose healthy fats in moderation

Experiment with lower fat cooking methods. Use non-stick spray, or use non-stick skillet and pans. Cook on an outdoor grill. Identify one high fat food you are eating and find a substitute, or eat a smaller portion.

Learn to read the food label

Check the label for;

- Fiber: More than 3 gms/serving
- Trans fat: Zero gms/serving
- Sodium: Less than 400 mgs/serving

Stay Accountable

Keep a food diary. Weigh and measure your portions using measuring cups and measuring spoons.

Shopping List

Meat and Protein

- Chicken or turkey breast
- Fish
- Lean cuts of beef or pork –round or sirloin, or 93% or leaner ground meat
- Dried lentils and dried beans
- Tofu
- Eggs, egg whites, egg substitutes
- Unsalted nuts and natural nut butters
- Frozen entrees –low fat and low sodium such as Health Choice®

Dairy Products

- Skim or 1% milk
- Low fat or non-fat yogurt
- Low fat cottage cheese
- Reduced fat cheese (less than 3 gms saturated fat/serving)

Fruits and Vegetables

- Fresh or frozen
- Canned vegetables with no salt added
- Canned fruit packed in juice or “light”

Breads, cereals, pasta

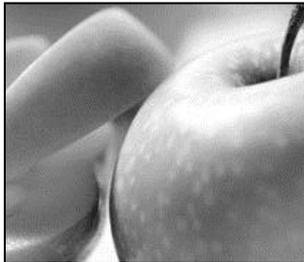
- Whole grain breads, whole grain pasta
- Whole grain crackers
- Brown rice
- High fiber cereal

Fats & Oils (use only small amounts)

- Soft tub margarines with no trans fat
- Olive or canola oil
- Light mayonnaise
- Light salad dressing
- Avocado (1/8 = serving)

Pantry Staples

- Variety of herbs and spices
- Flavored vinegar
- Non-stick cooking spray



ideas for meals and snacks

MENU IDEAS

Breakfast

Small whole grain bagel
Low fat cream cheese
6 oz. low sodium
vegetable juice

High fiber cereal
Fruit
Low fat milk (skim or 1%)

2 whole grain pancakes
Chopped nuts
Low fat milk (skim or 1%)

Scrambled egg with
tomato, peppers, onions
Small whole grain tortilla

Smoothie (made with low
fat milk and berries)

Lunch and Dinner

Baked Potato
Low fat sour cream
Small garden salad with
kidney beans
Low fat salad dressing

Baked chicken breast
Steamed green beans
Brown rice
Fresh Strawberries

Baked fish
Fresh lemon
Green salad
Low fat salad dressing
Corn on the cob

Low fat frozen entrée
Steamed carrots

Snacks

A piece of fruit

Low fat cottage cheese

Low fat yogurt

Raw vegetables with low
fat ranch dip

Baby carrots and hummus

Air popped popcorn

Celery and peanut butter

1 ounce of roasted nuts

Whole grain crackers and
1 ounce of low fat cheese

Practice measuring serving sizes with measuring cups and spoons.

When you can't measure, you can estimate:

3 ounces of meat = a deck of cards
1 medium piece of fruit = a tennis ball
1 cup of food (i.e. casserole) = the size of
your fist
1 teaspoon of butter or oil = the tip of your
thumb
1 snack serving = cupped hand
1 ounce of cheese = 4 stacked dice

More resources

American Diabetes Association; Month of Meals-
American Diabetes Association

The Best of Simply Colorado –
Colorado Dietetic Association

*Quick and Healthy Recipes and Ideas for People Who
Say They Don't Have Time to Cook: Volumes 1 & 2-*
Brenda Ponichtera, RD

*Cooking Light Fresh Food Fast: Over 280 Incredibly
Flavorful 5-ingredient 15- minute recipes*
Editors of Cooking Light Magazine

*Lickety Split Meals for Health Conscious People on
the Go-*
Zonya Foco

