



Quick and easy

HEALTHY MEAL IDEAS

Breakfast

Toast a whole grain waffle and top with fresh fruit, apple sauce or low-sugar jam.

Make a smoothie using skim or 1% milk, fruit and yogurt.

Have whole grain dry cereal, skim milk and fresh fruit.

Make a breakfast burrito with egg, low fat cheese and salsa.

Toast raisin bread and spread with low-fat cottage cheese. Sprinkle with cinnamon

Top whole grain bread with sliced turkey, turkey bacon, or low fat cheese.

Toast whole wheat bread. Spread with peanut butter and banana.

Top an English muffin with low fat cheese and place in broiler until cheese is melted.

Use pancake mix and add chopped fruit and nuts.

Try instant oatmeal or cream of wheat with berries or low-fat granola.

Mix low-fat or fat-free yogurt with fresh fruit, slivered almonds or cereal.

Buy ready-to-drink bottled yogurt smoothies or Carnation Instant breakfast drink.

Lunch

Bake a potato and top with one of the following: reduced sodium cream soup and vegetables, low-fat cottage cheese, or no salt added beans with salsa.

Mix leftover rice or pasta and vegetables and cubed chicken or water packed tuna with basil or oregano.

Top a tossed salad with kidney or garbanzo beans. Add string cheese on the side.

Try a whole wheat tortilla for a change.

Vary your sandwiches by trying different mustards or adding spices to a low-fat spread. Add fresh fruit.

Prepare a vegetable omelet and serve with whole grain toast and fresh fruit.

Fill pita bread with raw vegetables, water packed tuna and fat-free or low-fat salad dressing.

Serve reduced-sodium vegetable soup with crackers and a half sandwich.

Add additional vegetables, beans, rice or pasta to reduced sodium vegetable or tomato soup. Serve with low-fat whole grain crackers or pita crisps.

Dinner

Mix drained, no salt added canned black beans, cooked frozen corn, and diced peppers together. Toss with a low-fat vinaigrette dressing. Serve with grilled chicken or fish.

Season an 8-ounce can of tomato sauce with parsley, chili powder, cumin and oregano to taste. Stir in one can of no salt added pinto beans (rinsed and drained). Simmer through and serve with salad and whole grain bread.

Stir-fry Supper: In just a little hot oil, stir-fry leftover rice and then add assorted cut up vegetables from a packaged frozen vegetable mixture. Cook about five minutes until tender-crisp. Add low sodium canned chicken broth and thinly sliced skinless chicken breast strips. Cook, season and serve.

Cook chicken breast ahead and freeze to use quickly in quesadillas, pasta or rice dishes.

Buy a packaged salad. Add water packed or fresh chicken, water packed tuna and/or canned beans, and light salad dressing. Add whole grain crackers.

Broil a fish, 5 minutes per side and add Mrs DASH® marinade or seasonings.

More healthy eating ideas



Snacks

Extra light snacks: 40–60 Calories

- Applesauce, unsweetened 1/2 cup
- 1/4 cantaloupe
- Carrots or other raw vegetables
- 15 grapes
- 1/8 honeydew
- 1 Tbsp. raisins
- 5 saltines
- 8 oz. low sodium tomato/V8 juice[®]
- 8 oz. V8 Fusion[®]
- 3 vanilla wafers

Light snacks: 60–100 Calories

- 8 animal crackers
- 1 small piece of fruit
- 3/4 oz pretzels
- 3 cups of air popped/light microwave popcorn
- 2 rice cakes with low sugar jam
- 1 oz. string cheese
- 13 reduced fat Wheat Thins[®]
- 6 reduced fat Triscuits[®]
- 4 Ak-Mak[®] crackers
- 6 oz. light yogurt or plain yogurt with spice

Meal Tips

- When you have time to cook, make a double or triple batch to freeze for future use.
- Plan ahead; use leftovers from dinner for lunch the next day.
- Use quick cooking methods like stir-frying, broiling or microwaving.
- Prepare meals that pack variety in just one dish and add extra vegetables.
- Buy prepared foods such as rotisserie chicken or lean deli sandwiches.

Products to try

- Molly McButter[®]/Butter Buds[®]
- Non-stick cooking spray/aerosol butter sprays
- Flavored balsamic vinegars
- Non-fat plain yogurt (substitute for sour cream or mayonnaise)
- Fruit puree, prunes or applesauce (substitute for fat in baking)
- Chopped, minced or dried garlic or onion
- Frozen chopped onions and peppers
- Healthy versions of canned soup
- Egg substitute
- Low fat cheese
- Flavored water/Seltzer water
- V-8 Splash[®] with Splenda[®]
- Soy products like: soy burgers/breakfast links
- Low fat Greek yogurt

Cookbooks

- *Quick and Easy Cookbook: More Than 200 Healthful Recipes You Can Make in Minutes.* American Heart Association
- *Meals in Minutes.* American Heart Association
- *Meals and Menus for 1 or 2, Diabetes Self Management*
- *5 Ingredient 15 Minute Cookbook.* Cooking Light
- *Lickety-Split Meals for Health Conscious People on the Go.* Zonya Foco, RD
- *Quick and Healthy Recipes and Ideas: For People Who Say They Don't Have Time to Cook.* Volumes 1 and 2, Brenda Ponichtera

If your doctor has recommended a low sodium diet, limit a meal to 600mg of sodium or less. A low sodium diet is 2000mg/day.

Check out these Web sites:

kp.org

mealsforyou.com

allrecipes.com

The information presented here is not intended to diagnose health problems or to take the place of information or medical care you receive from your doctor or other medical professional. If you have persistent health problems, or if you have additional questions, please consult your doctor.