

# Enjoy the Taste of Eating Right

## Use Your 5 Senses to Enjoy Eating Right

1. **Listen** to the crunch of fresh vegetables and the sizzling of a hot pan.
2. **Smell** the aromatics from herbs and spices.
3. **Touch** kitchen gadgets; use your hands for mixing
4. **See** a variety of colors and shapes on your plate. Set the table and enjoy the experience.
5. **Taste** a combination of flavors, textures and temperatures when cooking food.



## 5 Foods, 3 Ways

### Greek Yogurt

- Substitute Greek yogurt for sour cream on tacos. Stir in cumin or cayenne pepper and top with fresh cilantro.
- Use Greek yogurt as a dip for veggies. Stir in thawed, frozen spinach or cucumber and dill for added flavor.
- Mix honey and fresh mint into Greek yogurt and freeze for a frozen treat.

### Canned Tuna

- Make tuna salad with canned tuna and Greek yogurt instead of mayo and add diced red onion and celery for crunch. Serve in lettuce leaves
- Stir canned tuna into pasta salad with fresh veggies and tarragon or parsley
- Turn canned tuna into patties with parsley and green onion and bake

### Whole-Grain Cereal

- Add low-fat milk to whole-grain cereal and top with fresh fruit
- Layer whole-grain cereal in a parfait with low-fat or Greek Yogurt and fresh or frozen fruit
- Use whole-grain cereal as a crunchy coating on chicken or any other protein

### Bananas

- Add bananas to a peanut butter sandwich on whole wheat bread with a touch of cinnamon
- Blend a banana into a smoothie with low-fat or Greek yogurt
- Bake bananas into bread

### Sweet Potatoes

- Bake sweet potatoes and top with Greek Yogurt and chives
- Mash sweet potatoes with cinnamon or nutmeg and finish with chopped pecans
- Turn sweet potatoes into sweet potato fries or wedges and sprinkled with cumin or paprika

(continued on other side)

## Use Herbs and Spices to Add Flavor without Adding Sodium

1 tablespoon fresh herbs = 1 teaspoon dried herbs = ¼ to ½ teaspoon ground dried herbs

Food	Herb/Spice
Beef	Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
Pork	Garlic, onion, sage, pepper, oregano
Chicken	Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
Fish	Curry powder, dill, dry mustard, marjoram, paprika, pepper
Carrots	Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage
Green Beans	Dill, curry powder, marjoram, oregano, tarragon, thyme
Summer Squash	Cloves, curry powder, marjoram, nutmeg, rosemary, sage
Tomatoes	Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

## Tips to Save Money at the Grocery Store

- Buy fresh fruits and vegetables that are in season.
- Look for sales and coupons.
- Stick to your list.
- Try canned or frozen fruits and vegetables.
- Buy in bulk when items are on sale.
- Store brands = savings.
- Buy fruits and vegetables in their simplest form.
- Don't shop when you are hungry.
- Compare "unit price" on the shelf across brands and sizes.

## Activity:

Come up with 3 ways to prepare spinach that tastes great!

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Remember: Healthy food should taste good. Enjoy the taste of eating right!**

