

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!

