

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

## Eat More Fruits & Veggies

Plan meals and snacks to include more fruits & vegetables each day.

- Eating more fruits and vegetables each day is great for your health.
- Start by setting one simple goal this month like eating a fruit or vegetable for a snack.
- The more you eat fruits and vegetables, the more you will want to include them in your meals and snacks everyday.
- Prepare ready-to-eat fruits and vegetables. Store them in the refrigerator for quick and easy snacking.



### **Mini-Sandwich** Serves 1.

1 English muffin, sliced in half	1 slice tomato
Mustard or low fat salad dressing	1 slice of processed cheese
2 slices luncheon meat	Optional vegetables: slice of onion, green pepper, lettuce

1. Toast English muffin lightly in toaster.
2. Lightly spread mustard or low fat salad dressing on one muffin slice.
3. Layer meat, tomato and cheese on top of muffin slice.
4. Heat in microwave until cheese begins to melt, about 20 – 30 seconds.
5. Sprinkle optional vegetables on top of melted cheese.
6. Top with remaining muffin slice and serve.

**Meal suggestion:** Serve Mini-Sandwich with a piece of fruit and a glass of milk.

NUTRITION FACTS (per serving w/onion & green pepper) - Calories 250 ~ fat 6 g ~ calories from fat 60 ~ sodium 790 mg ~ total carbohydrate 34 g ~ fiber 1 g

### **Easy Vegetable Soup** Serves 6.

2 tsp. oil	10 3/4 oz. can of chicken broth
1 small onion, chopped	14 oz. can stewed tomatoes
1/2 tsp. garlic powder	1 cup frozen or canned corn
1/2 tsp. basil	1 cup instant brown rice
1 cup water	1/3 cup Parmesan cheese

1. Heat oil in large saucepan and cook onion in oil until tender.
2. Add garlic, basil, water, broth and tomatoes with juice. Bring to a boil.
3. Reduce heat and cover. Simmer for 7 minutes.
4. Add corn and rice. Cover and simmer 10 minutes.
5. Pour into bowls and top with parmesan cheese.



**Meal suggestion:** Serve soup with a meat & cheese sandwich and a cup of juice.

NUTRITION FACTS (per serving) - Calories 150 ~ fat 5 g ~ calories from fat 40 ~ sodium 370 mg  
~ total carbohydrate 23 g ~ fiber 2 g

## **Healthful Soups**

- Homemade soup stock can be made by slowly simmering vegetables and seasonings in water.
- Good tasting, time-saving stocks can be prepared using cubes or envelopes of flavored bouillon, cans of condensed broth (reduced fat and sodium), and dried soup mixes. Add a variety of vegetables to broth for a flavorful, nutritious soup.
- **Canned Soups.** To avoid the “straight-from-the-can” taste of canned soup, try mixing soup combinations (Beef Broth with Tomato or Cream of Mushroom with Chicken and Rice). Add more vegetables and a touch of your favorite spices. Freeze leftover vegetables and use them in soups.

**Tip of the Month:** Sit down with your child and make of list of healthful snacks you have on hand. Post the list on the refrigerator as a reminder for your child.