

WELLNESS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences

WAYS



Ideas For Eating Better For Less

Start Now!

Make Healthy Changes to Your Diet

Do you want to eat healthy? Today is the day to start!

Begin with small changes -

- Trim fat from meat.
- Add less butter to your food.
- Eat fruit for a snack.
- Eat more whole grain foods – whole wheat breads, brown rice, oatmeal cereal, etc.
- Eat smaller portion sizes.



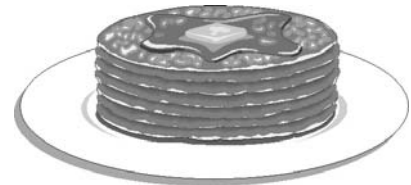
**These little steps will help you achieve a healthful diet
and a healthful body weight.**

CORN PANCAKES Serves 4.

2 cups whole-wheat flour
1 tsp salt
1 tsp baking powder
2 cups corn

1 green pepper, diced
1/4 cup diced onion
1 cup milk

1. Mix whole-wheat flour with salt and baking powder.
2. In a separate bowl, mix corn, green pepper, onion, and milk.
3. Gently blend wet ingredients with dry until well mixed.
4. Spray skillet with vegetable cooking spray and preheat.
5. For each pancake, use about 1/4 cup batter.
6. Cook 3 minutes on each side, or until golden brown.



NUTRITION FACTS (per serving) - Calories 300 ~ fat 2 g ~ calories from fat 20 ~ sodium 910 mg
~ total carbohydrate 64 g ~ fiber 9 g

Chicken, Turkey or Ham Pitas Serves 4.

2 cups broccoli, cooked, chopped	1 cup canned beans, lightly mashed
2 cups cooked, chopped chicken, turkey or ham	1/4 cup low fat mayonnaise
1 cup shredded cheese	4 pita breads, halved (pita pockets)
1 tomato, chopped	1 cup shredded lettuce

1. In a large bowl combine broccoli, chicken/turkey/ham, cheese and tomato.
2. In a small bowl combine mayonnaise and beans.
3. Gently toss large bowl ingredients with small bowl ingredients.
4. Spoon into pita pockets and top with lettuce.

NUTRITION FACTS (per serving) - Calories 490 ~ fat 14 g ~ calories from fat 130 ~ sodium 540 mg ~ total carbohydrate 53 g ~ fiber 8 g

Change Holiday Leftovers Into Easy, Healthful Meals

- ◆ Freeze leftover turkey, chicken and ham if you cannot eat it within a few days. Gravy and stuffing only keep 1-2 days, freeze after 2 days.
- ◆ Add leftover turkey, chicken or ham to:
 - rice and pasta salads.
 - low fat mayo and grapes and stuff into pita bread.
 - chili dishes.
 - sandwiches with low fat dressings and lots of vegetables on whole grain bread.
 - homemade soups made with canned broth. Add rice or noodles and lots of vegetables.



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FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
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