



# HEALTH AT A GLANCE

## ***Enjoy the Taste of Eating Right***

During National Nutrition Month®, Give Your Plate a Taste Lift Without Sacrificing Good Nutrition!

According to research, taste is the top reason why one food is chosen over another. While we can all agree that good flavor is important, eating nutrient-rich foods, like fruits, vegetables, whole grains, low-fat dairy and lean protein, is essential for good health. That's why the Academy of Nutrition and Dietetics is encouraging you to “**Enjoy the Taste of Eating Right**” during National Nutrition Month®. Use these tips to keep taste and nutrition on your plate!

### **At Breakfast**

**Make oatmeal creamier** by using fat-free milk instead of water. For an extra shot of nutrition and flavor, mix in a few nuts, raisins or dried cranberries.

**Liven up yogurt** by tossing in fresh blueberries or strawberries.

**Enhance egg dishes** by adding in chopped veggies and sprinkling with a bit of low-fat cheese.

**Drink nutrient-rich, low-sugar beverages** such as low-fat or fat-free milk or 100% fruit juice.

### **At Lunch**

**Spice up sandwiches** with sliced avocado, tomatoes, cucumbers or any of your favorite veggies.

**Liven up lunch** by putting lean roast beef, ham or turkey on something other than bread. Try whole grain tortillas, pitas, flatbreads, English muffins or bagels.

**Give sammys and wraps a flavor burst** with good-quality condiments such as horseradish, flavored mustard, chutney, pesto, wasabi, hummus and salsas of all kinds.

### **In the Kitchen**

**Intensify the flavors of lean meat, poultry and fish** with high-heat cooking techniques such as pan-searing, grilling or broiling.

**Try grilling or roasting veggies** in a very hot (450°F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don't dry out. Sprinkle with herbs.

**Add variety to your staple dishes** by varying the ways you cook them. Grill or broil the chicken you typically bake. Mash the potatoes you typically roast. Steam the veggies you typically sauté.

**Pep it up with peppers.** Use red, green and yellow peppers of all varieties - sweet, hot and dried. Or add a dash of hot pepper sauce.

**Use more herbs and spices.** A pinch of this and a dash of that can add a new spin to an old favorite.

**Caramelize sliced onions** to bring out their natural sweet flavor: cook them slowly over low heat in a small amount of oil. Layer them on meat or poultry or use as toppings for burgers and sandwiches.

**Add a tangy taste** to food with citrus juice (orange, lemon, lime), grated citrus peel or flavored vinegar.

**For richer flavor and texture,** incorporate more whole grains into your dishes, such as brown or wild rice, quinoa, amaranth or bulgur.

### **For Dessert**

**Enjoy a tropical treat:** blend a mango or peach, low-fat milk, ice and a splash of pineapple juice.

**For a hot dessert,** try baked apples sprinkled with cinnamon and just a touch of brown sugar.

**Sinless decadence:** stir a bit of chocolate syrup into coffee-flavored yogurt; freeze and enjoy!

### **Out & About**

**Eating out:** look for nutrient-rich choices, like entrée salads with grilled seafood and low-calorie dressing, roasted sweet potatoes, baked potatoes topped with salsa and grilled vegetables.

**Grocery shopping:** try a new fruit, vegetable or whole grain each week. Start small by picking a different type of apple or a new whole-grain until you are comfortable picking entirely new things.

Adapted from the Academy of Nutrition and Dietetics

Key Website: [www.eatright.org](http://www.eatright.org)