

Healthy Food Substitutions: Keeping It Tasty!



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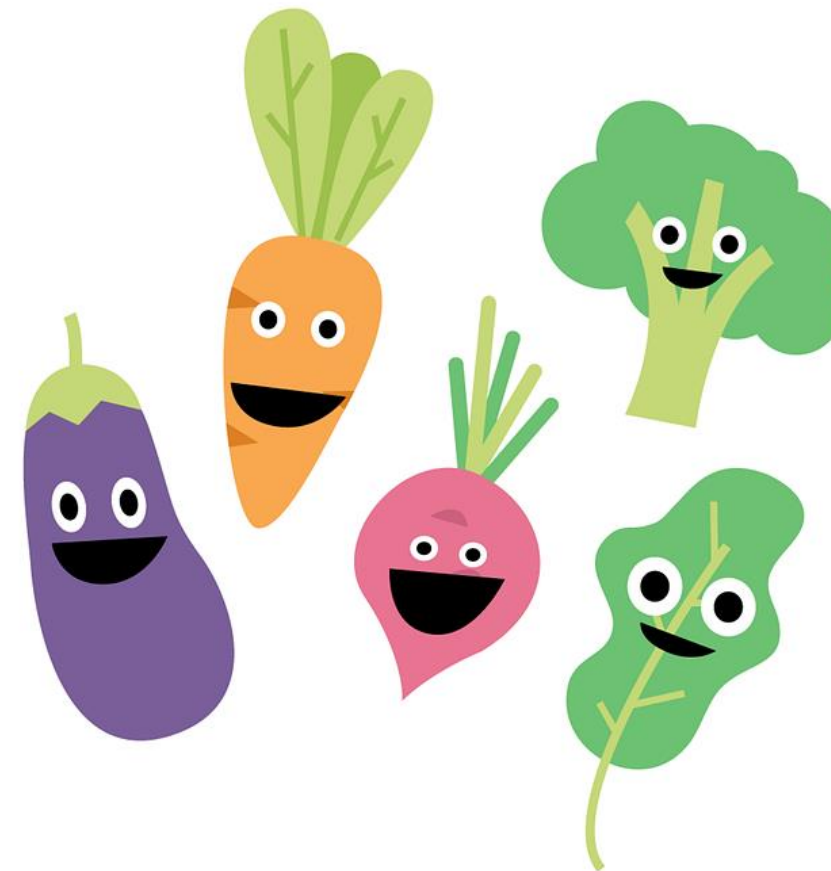
Working for a Healthier Tennessee is providing general health information. The information provided today is not intended to treat any medical condition you may have nor is it meant to replace the care you get from your doctor or other health professionals. If you have any health or medical concerns, please discuss those with a medical professional.

Objectives

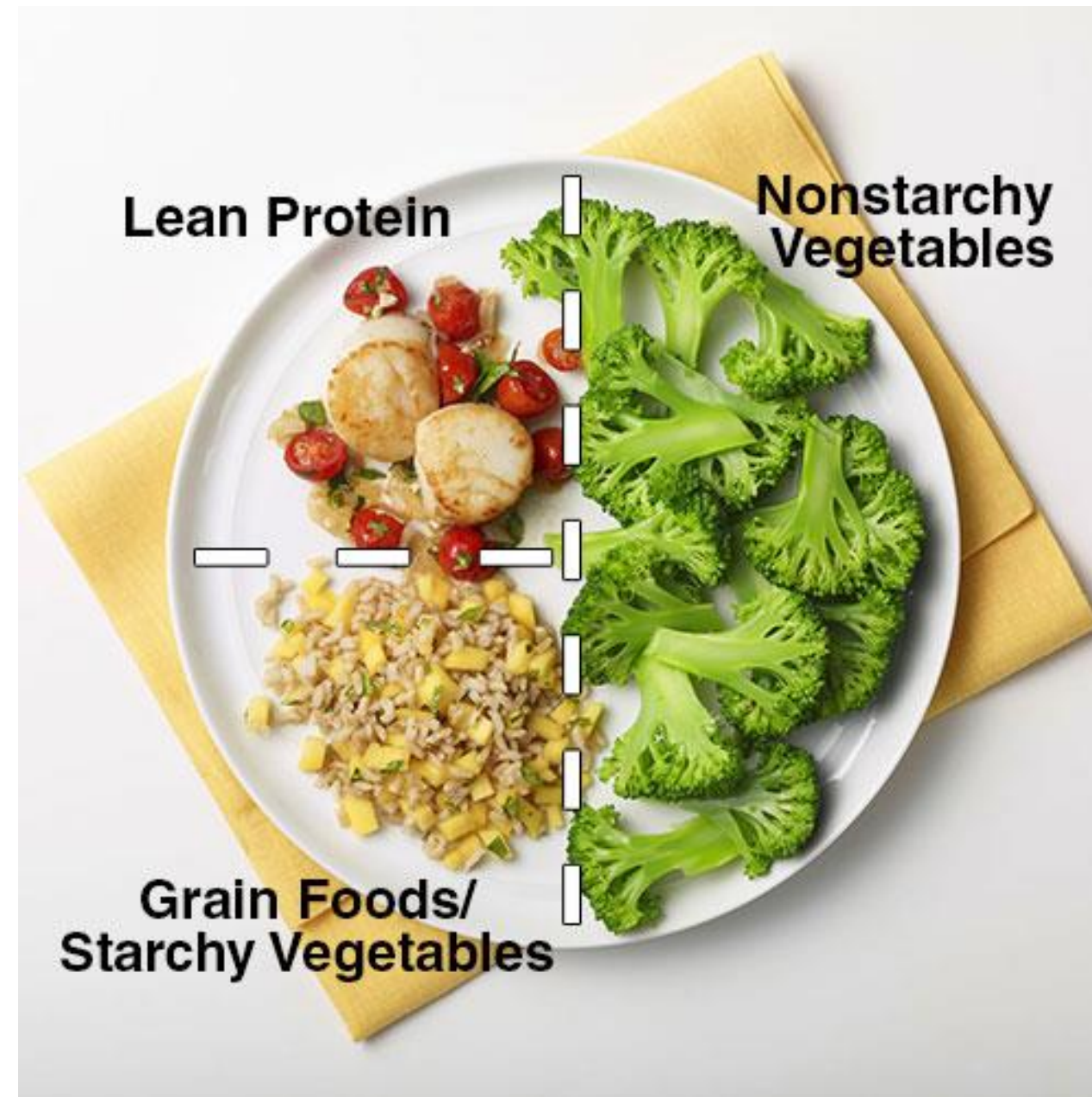
- Discuss how to make a balanced meal
- Discuss the food groups and how to make healthy swaps in each group
- Discuss baking swaps
- Discuss restaurant swaps

Keeping It Tasty

Do you find it easy to make meals
nutritious AND delicious?

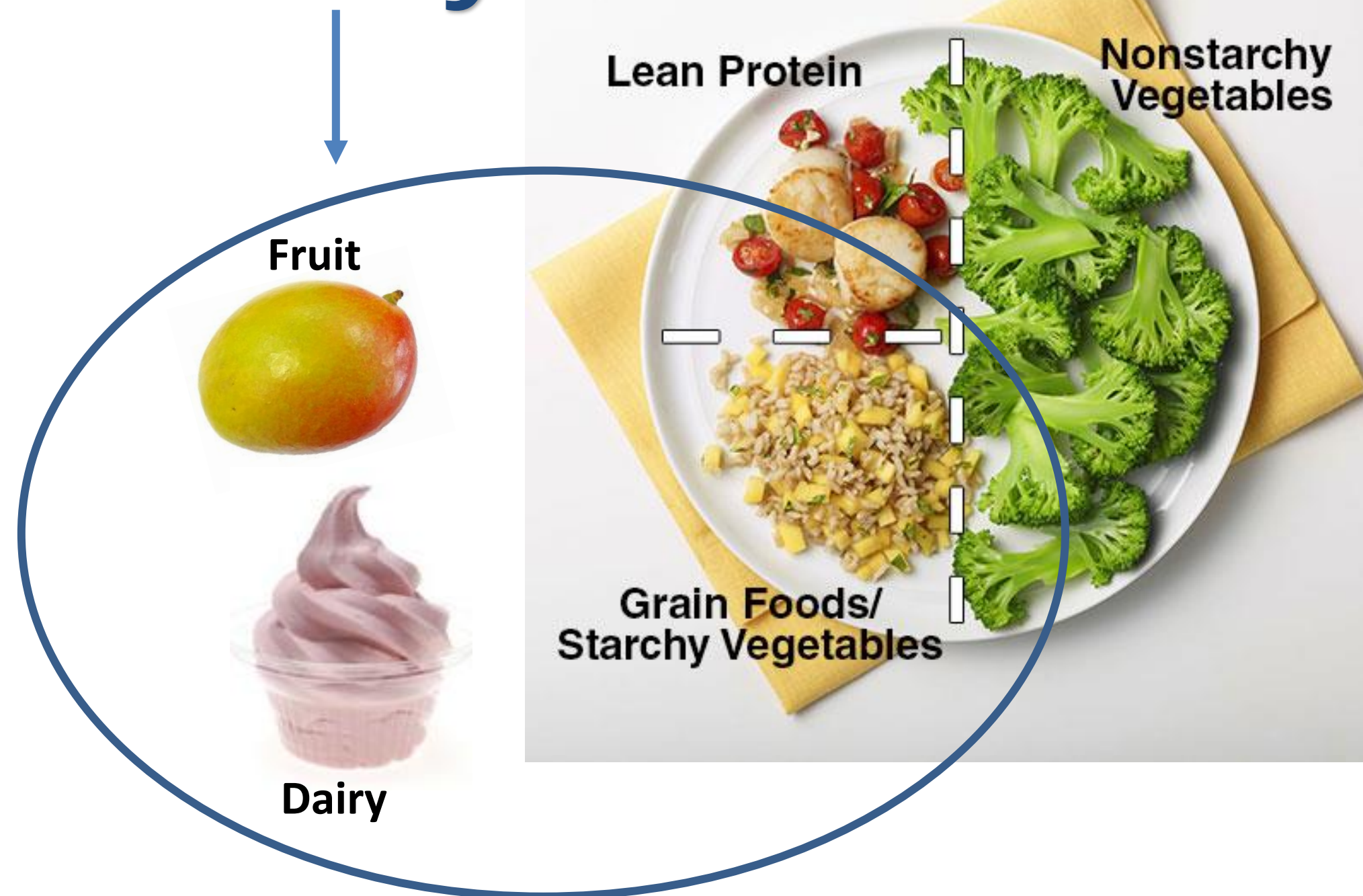


Preparing Balanced Meals



Preparing Balanced Meals

Carbohydrate Corner



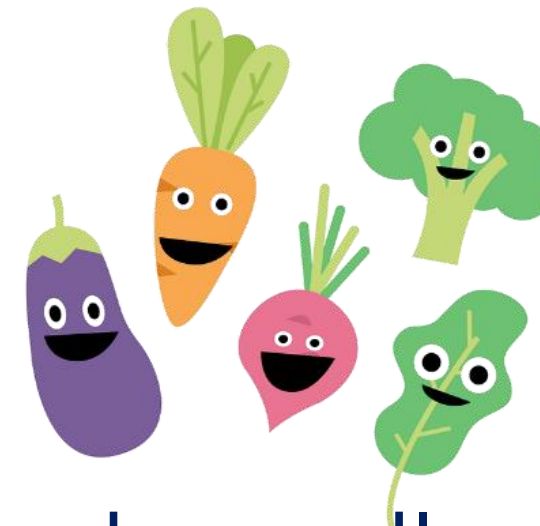
Non-Starchy Vegetables

What are some examples of non-starchy vegetables?



Non-Starchy Vegetables

What are ways to fill up ½ your meal/plate with non-starchy vegetables?

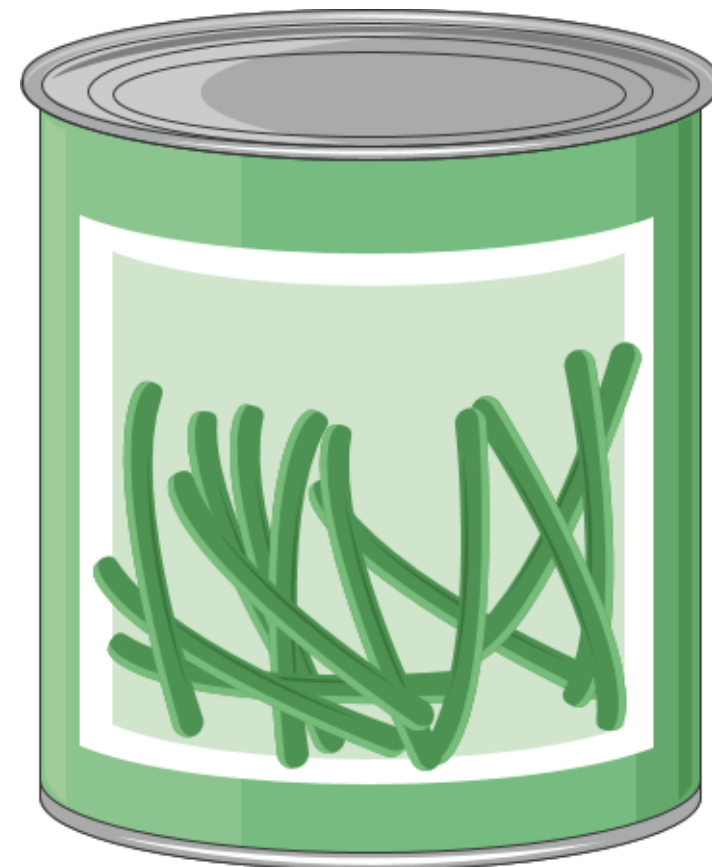


- **Examples:**
 - Use zucchini/squash noodles for some of your noodles in pasta dishes (spaghetti, lasagna, etc.)
 - Add non-starchy vegetable(s) of your choice to soups and stews
 - Add carrots, onions and celery to chicken and dumplings

Non-Starchy Vegetables

Higher Sodium

- Canned vegetables
- Frozen vegetables (sauced)

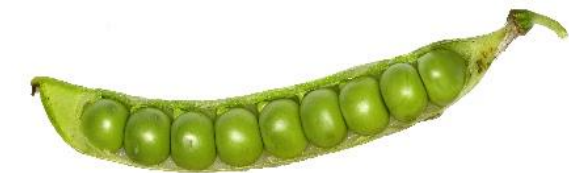


Lower Sodium Alternatives

- Reduced sodium canned vegetables
- Frozen vegetables (plain; or light sauce)

¼ Meal = Starchy Vegetables OR Grains

What are examples of starchy vegetables?



1/4 Meal = Starchy vegetables OR Grains
What are healthier choices of grains?



Whole vs. Refined Grains

Whole Grains	Refined Grains
<ul style="list-style-type: none">• Contain the entire grain kernel — the bran, germ and endosperm.• Example: Whole-wheat flour	<ul style="list-style-type: none">• Have been milled, a process that removes the bran and germ. Unfortunately, this process removes dietary fiber, iron and many B vitamins.• Example: White flour

Key: Make at least half of your grains whole grains.

Whole vs. Refined Grains

Refined Grains

- White bread
- White rice
- White pasta
- White tortillas
- Saltines
- Fritos

Whole Grains

- 100% whole wheat bread
- Brown or wild rice
- Whole wheat pasta
- Whole wheat tortillas
- Whole wheat crackers
- Popcorn
- Oatmeal
- Whole grain cereal



$\frac{1}{4}$ Meal = Protein

What are healthier choices of proteins?



1/4 Meal = Protein

- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are considered part of the protein foods group.
- Supply important B vitamins, vitamin E, iron, zinc and magnesium
- Recommended 5-6 ounces per day (3 ounces = size of deck of cards)
- **Key: Choose lean or low-fat choices from the protein foods.**

¼ Meal = Protein

Higher Fat Proteins

- Cold cuts or lunch meats (bologna, salami, liverwurst, etc.)
- Bacon or sausage
- Ground beef
- Tuna pack in oil

Lower Fat Alternative

- Low-fat cold cuts (95-97% fat-free lunch meats)
- Turkey bacon/sausage
- Ground turkey/chicken
- Tuna pack in water
- Plant sources: beans, tofu, tempeh

Fruits

What are examples of fruits you enjoy?



Fruits

Fruit Options

- Canned fruit (packed in syrup)
- Frozen fruit
- Dried fruit

Healthier Alternatives

- Canned fruit (packed in own juices)
- Unsweetened frozen fruit
- Unsweetened dried fruit

ORGANIC DRIED MANGO

Nutrition Facts

Serv. Size 5 pieces (33g)

Calories 120

Fat Cal. 0

*percent Daily Values (DV) are based on a 2,000 calorie diet.

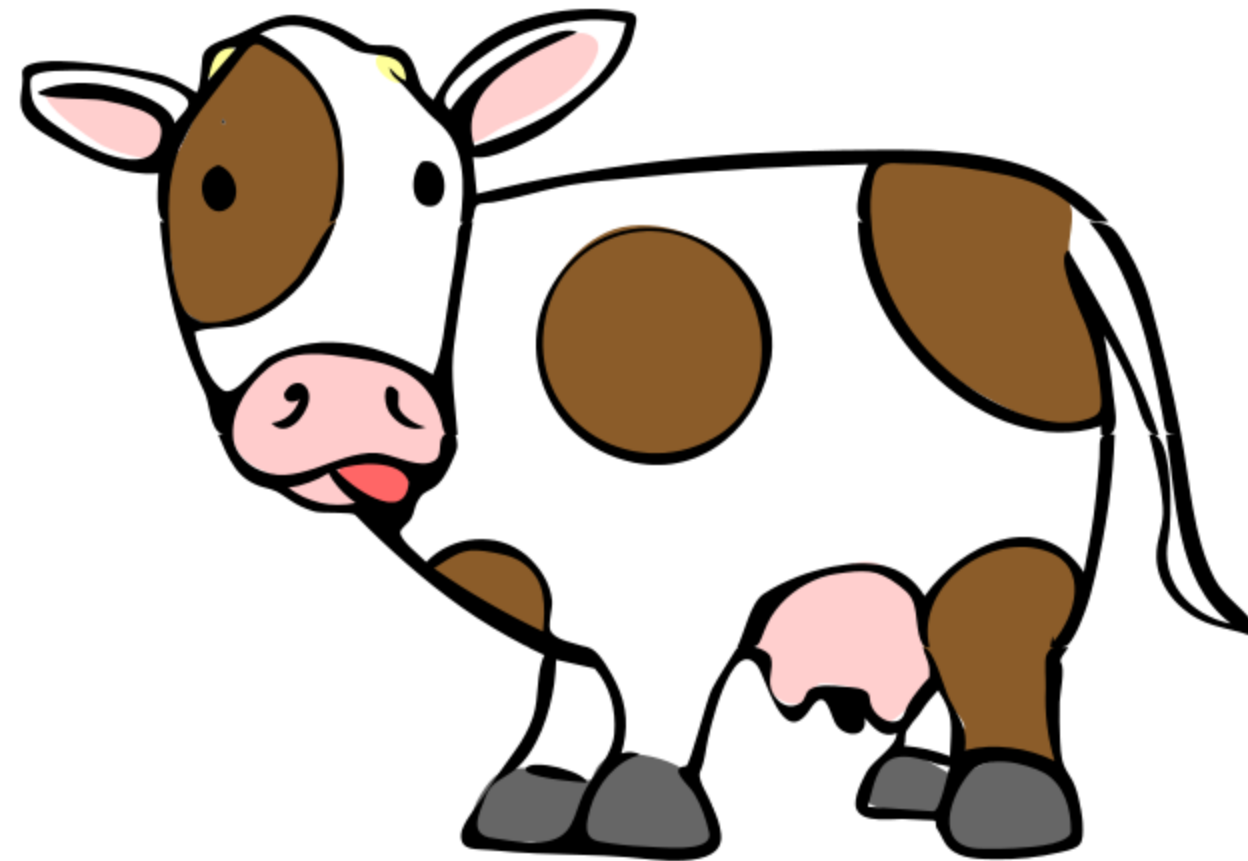
not a significant source of trans fat

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat	0g 0%	Total Carb.	28g 10%
Sat. Fat.	0g 0%	Fiber	2g 6%
Cholest.	0mg 0%	Sugars	20g
Sodium	0mg 0%	Protein	2g
Vitamin A 30% - Vitamin C 20% - Calcium 2% - Iron 2%			

Ingredients: Organic Dried Mango.

Dairy

What are healthier dairy options?



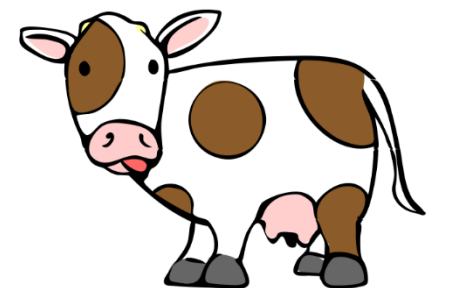
Dairy

Higher Fat Dairy

- Evaporated whole milk
- Whole milk
- Sour cream
- Cream cheese
- Full-fat yogurt
- Full-fat cheese

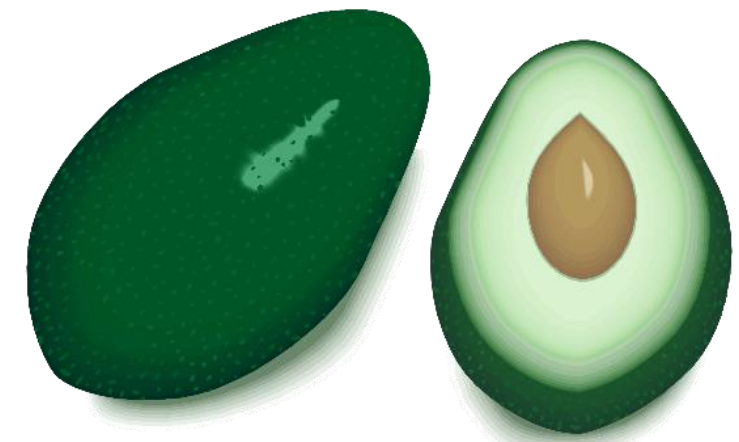
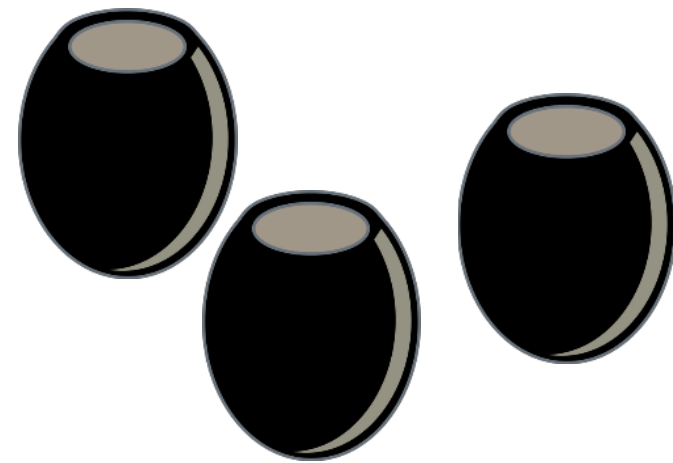
Lower Fat Dairy

- Evaporated fat-free (skim) or reduced-fat (2%) milk
- Low-fat (1%), reduced-fat (2%) or fat-free (skim) milk
- Non-fat yogurt
- Neufchatel, "light" or fat-free cream cheese
- Reduced-fat cheese
- Non-dairy alternatives



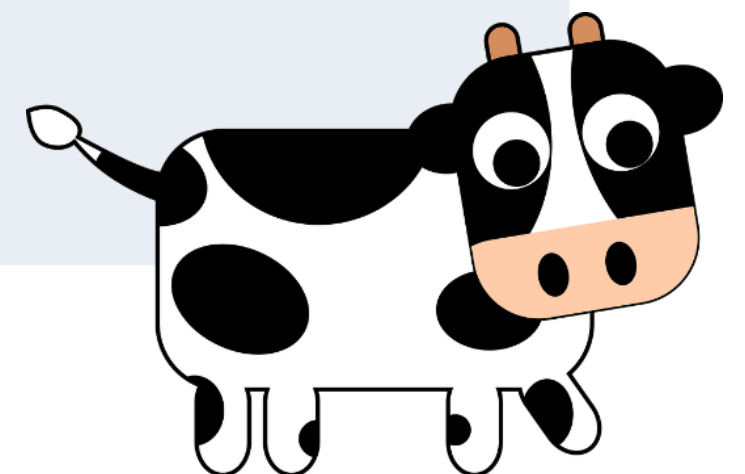
Fats

All fats are not created equally!



Healthy vs. “Un-Heart” Healthy Fats

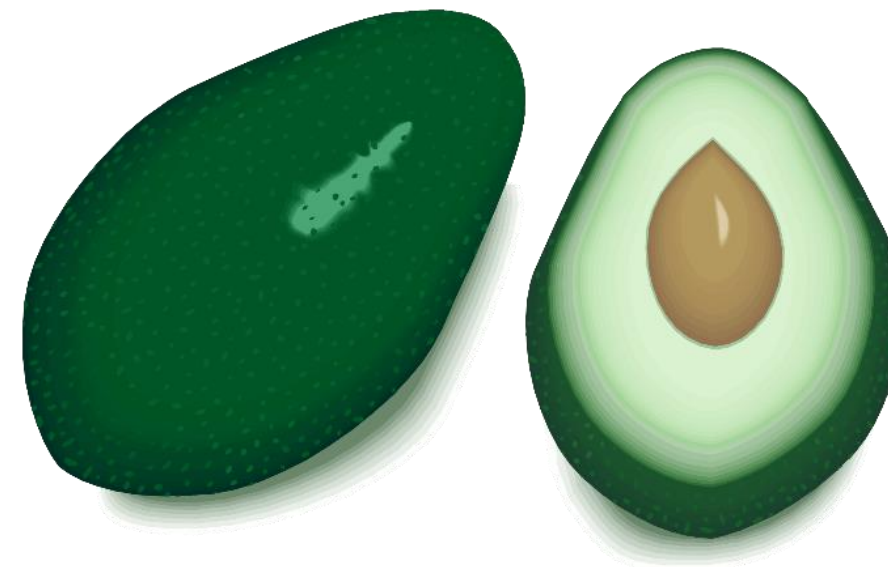
“Un-Heart” Healthy Fat Sources	
Saturated	Trans
<ul style="list-style-type: none">• Mainly come from animal sources (butter, lard, cheese, milk, ice cream)• Tropical oils: palm and coconut	<ul style="list-style-type: none">• Man made and being phased out of production• “Partially hydrogenated oils”



Healthy vs. "Un-Heart" Healthy Fats

Healthier Fat Sources

- Liquid Vegetable Oils: olive, canola, vegetable, etc.
- Fatty Fish (ex: tuna/salmon)
- Nuts/seeds
- Olives
- Avocado



Healthier Cooking Methods

What are some healthier cooking methods?

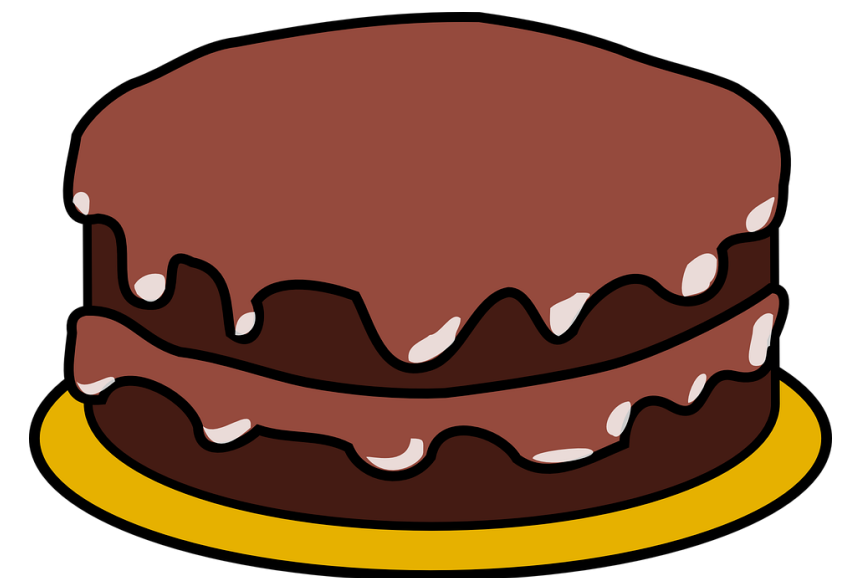
- Baking
- Roasting (*ex: roasted asparagus, carrots, etc.*)
- Grilling
- Air frying
- Sautéing



Baking Swaps

What are some healthier baking swaps?

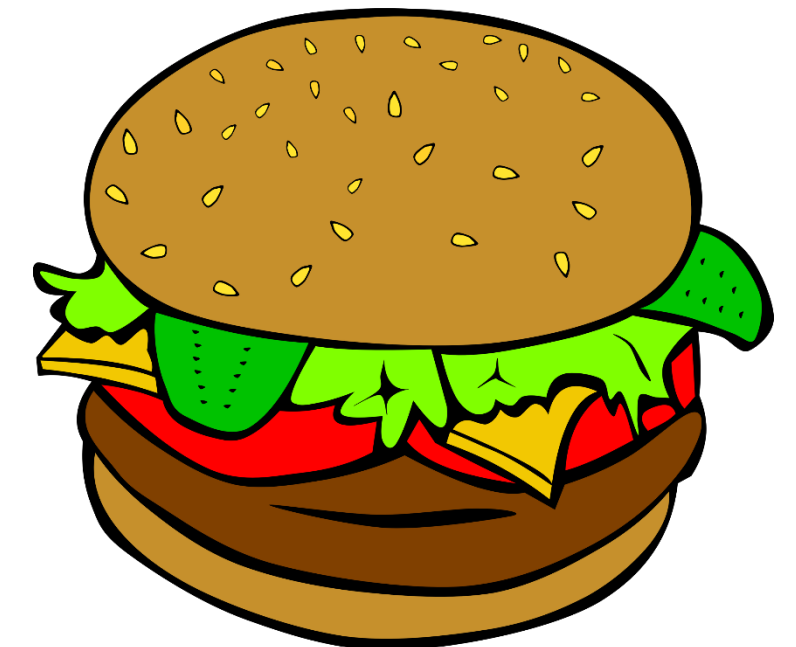
- Applesauce for some of the oil
- Whole wheat flour for some of the white flour
- Add a fruit or vegetable
- Use low fat/fat free dairy or plain non-dairy alternatives
- Use less sugar



Eating Out Swaps

What are some substitutions you can make when eating out?

- Smaller portions
- Try something new
- Ask for dressing/sauce on the side
- Ask for different cooking method
- Swap out the sides



Texture Swaps

–Creamy

- Avocado spread
- Peanut butter
- Yogurt with fruit

–Crunchy

- Whole grain cereal
- Nuts
- Popcorn

–Liquid

- Plain iced tea with fruit and/or no-calorie sweetener
- Sparkling water

–Squishy

- Grapes
- Cherry tomatoes
- String cheese

–Crispy

- Gala/Honey crisp/Braeburn/Fuji apples



Let's Make a Swap!

Challenge: Set a S.M.A.R.T. goal for the next week to strive to make a healthy swap!

Example: For the next week, I will swap out my nightly dessert with frozen banana cream on Tuesday and Thursday.



Additional Resources

- SMART Goal [Worksheet](#)
- WFHTN [Recipes](#)
- [Food Journal](#)

Questions



Resources:

www.choosemyplate.gov

www.heart.org

www.eatright.org



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