

Make Quick Food Healthier!



Quick Food	Make it Healthier	Healthier Yet
Kraft Dinner	<ul style="list-style-type: none"> • Use only 1/4 or less of the margarine • Add grated low fat cheese • Add frozen vegetables • Add leftover or canned meat 	<ul style="list-style-type: none"> • Use whole wheat pasta • Use tomato sauce • Add extra vegetables and legumes • Top with grated low fat parmesan cheese
Canned soup	<ul style="list-style-type: none"> • Choose broth-based instead of cream-based soups • Choose lentil, split pea and bean-type soups • Dilute the broth by adding extra water or milk • Choose low sodium soups • Prepare with low fat milk instead of water • Add frozen vegetables or leftover meat 	<ul style="list-style-type: none"> • Choose homemade broth • Add extra vegetables and legumes
Ichiban noodles	<ul style="list-style-type: none"> • Add leftover or canned meat and frozen vegetables or add to a casserole • Add to a casserole • Use of 1/2 or none of the seasoning • Watch the portion size 	<ul style="list-style-type: none"> • Choose whole wheat or high-fibre pasta with vegetables and tomato-based sauce
Chef-Boy-R-Dee	<ul style="list-style-type: none"> • Add extra hamburger or vegetables • Serve as a side dish instead of the main course 	<ul style="list-style-type: none"> • Choose whole wheat or high fiber pasta, frozen vegetables and homemade soup

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Frozen or takeout pizza; Pizza Pops	<ul style="list-style-type: none"> • Use a lower fat meat like ham or lean beef • Hold the extra cheese • Add extra vegetables like tomatoes or green peppers • Serve with a salad or other vegetables 	<ul style="list-style-type: none"> • Make homemade pizza using pre-made crusts, bread or pitas (whole wheat) • Use extra vegetables and low fat meat (e.g. ham) • Use low fat cheese in smaller amounts
Hot dogs	<ul style="list-style-type: none"> • Add cut up wieners to pasta, soup or beans • Serve on a whole wheat bun • Serve with vegetables 	<ul style="list-style-type: none"> • Choose vegetarian hot dogs on a whole wheat bun • Make hamburgers using extra lean meat and/or beans on a whole wheat bun or pita
Frozen dinners	<ul style="list-style-type: none"> • Add extra vegetables • Choose pasta with tomato sauce or meat and rice • Avoid those with gravy or cream sauce • Look for varieties with less fat and/or salt 	<ul style="list-style-type: none"> • Make homemade frozen dinner using leftovers • Stir fry using leftover meat, frozen vegetables and low sodium stir-fry sauces
Fish sticks	<ul style="list-style-type: none"> • Look for “light” fish filets • Serve with vegetables and other low fat sides 	<ul style="list-style-type: none"> • Oven bake unbattered fish • Fry, poach or bake fresh fish in a non-stick pan • Choose canned fish (in water or vegetable broth)
Chicken nuggets	<ul style="list-style-type: none"> • Serve with fresh/frozen/canned vegetables • Buy precooked, roasted chicken 	<ul style="list-style-type: none"> • Bake a chicken breast in the oven with skin removed—can be cut into strips for dipping
Luncheon meats	<ul style="list-style-type: none"> • Choose “deli-style” ham, turkey, roast beef • Choose “light” varieties • Choose shaved sliced meats 	<ul style="list-style-type: none"> • Use leftover roast beef, pork, chicken or turkey
Canned spaghetti sauce	<ul style="list-style-type: none"> • Choose brands without added meat or cheese • Add vegetables like peppers and celery, and low fat meat or legumes 	<ul style="list-style-type: none"> • Make homemade sauce using fresh or canned tomatoes, tomato paste, extra vegetables, lentils, beans or low fat meat

Adapted from Making our Vermilion Energized (MOVE) (2003).

