

EAT THIS, NOT THAT!

Chicken or Veggie Tacos



Eat This!

- When made with healthy ingredients veggie and chicken tacos are the best option
- Low in fat and high in nutrients
- Chicken Tacos (4 servings):
 - 1 lb chicken breast
 - 1 packet of Low Sodium Taco Seasoning
 - Healthy toppings: salsa, peppers, onions, tomatoes, lettuce, 1-2 tbsp. shredded cheese
 - Corn tortilla

*For veggie tacos substitute the chicken for 1/3 cup black beans and 2 tbsp. of corn

- **Nutrition Info for Chicken Tacos:**
 - Calories: 180
 - Fat: 4 g
 - Sodium: 500 mg
 - Carbohydrate:
 - Protein

Beef or Pork Tacos



Not That!

- Beef and pork tacos are typically high in fat and calories
- These tacos are typically loaded with full-fat cheese and sour cream both of which can have a bad effect on your waist line
- **Nutrition Info for Beef Tacos:**
 - Calories: 400
 - Fat: 16 g
 - Sodium: 700 mg
 - Carbohydrate: 24 g
 - Protein: 15 g

Of Note:

- 6-inch corn tortillas are the best base for your taco, they are low in fat and calories and easy on your budget!
- Portion size is key! Don't load your taco with ingredients, make sure there is enough room to wrap the taco shell without ingredients spilling out

EAT THIS, NOT THAT!

Whole Wheat Spaghetti



Regular Spaghetti



Eat This!

- Spaghetti with whole wheat noodles, beef that has been drained of fat, marinara sauce that is low in calories
- Portion size is key! Only need about 1 cup of noodles, ½ cup of meat, and ½ cup of marinara sauce
- If you want a larger volume of food you can add veggies such as spinach or broccoli to your pasta
- For the meat you can use ground turkey or ground beef.
 - In order to cut back on the calories and fat, make sure you drain your meat after browning it
- **Nutrition Info :**
 - Calories: 438
 - Fat: 9 g
 - Sodium: 540 mg
 - Carbohydrate: 60 g
 - Protein: 34 g

Not That!

- The spaghetti pictured here is about 5-6 servings of noodles and cooked with beef high in fat
- **Nutrition Info for Beef Tacos:**
 - Calories: 1,290
 - Fat: 79 g
 - Sodium: 2,600 mg
 - Carbohydrate: 84 g
 - Protein: 59 g

Of Note:

- It is best to make spaghetti at home rather than eating out. This way you can control the portions you put on your plate
- In order to prevent yourself from overeating the spaghetti you can pair it with a tossed salad or other veggie

EAT THIS, NOT THAT!

Hot Dog w/ Onion & Mustard



Hot Dog w/ Ketchup & Relish



Eat This!

- Choose a lower sodium hot dog (less than 400 mg) on a whole wheat or whole grain bun topped with onions or other veggies to make a nutrient dense and fiber packed meal
- Hot Dog (1 serving):
 - Hebrew National 97% Fat Free Beef Frank
 - Whole Wheat Hot Dog Bun
 - 1 Tbsp. mustard
 - 2 Tbsp. chopped onion and sweet peppers
- Healthy Topping Ideas:
 - Onions
 - Sweet Peppers
 - Sliced tomatoes
- Tip: Don't go for the "jumbo" or "stadium" or "bun-length" hot dogs because these can pack on the calories and fat
- **Nutrition Info for Healthier Hot Dog:**
 - Calories: 180
 - Fat: 5.5 g
 - Sodium: 750 mg
 - Fiber: 3 g

Not That!

- Hot dogs are typically high in sodium and when paired with a white bun and ketchup, are completely devoid of nutrients and fiber
- When choosing condiments, ketchup and relish tend to be high in calories, sodium and sugar
- **Nutrition Info for Unhealthier Hot Dog:**
 - Calories: 340
 - Fat: 16 g
 - Sodium: 990 mg
 - Fiber: 1 g

Of Note:

- You can always select turkey hot dogs and chicken sausages in place of beef to cut fat, but still be aware of the sodium content
- Pair the hot dog with healthy side items like fresh fruit, carrot sticks, baked chips, or low sodium baked beans

EAT THIS, NOT THAT!

Tuna or Chicken Sandwich



Turkey Sandwich



Eat This!

- Choosing canned tuna or chicken over lunchmeat is a great way to cut your sodium down
- Try selection snacks that have 140 mg or less of sodium snack and meals that have 300 mg or less of sodium
- Tuna Salad Sandwich (makes 2 servings):
 - 1 can Tuna very low sodium tuna (4.5 ounces)
 - 2 tbsp light mayo
 - 1.5 tbsp chopped onion
 - 1 tbsp celery
 - 1 tsp mustard
 - 4 slices of whole wheat bread
 - Optional: lemon juice, tomato slices, lettuce

Nutrition Info for Tuna Salad Sandwich:

- Calories: 230
- Fat: 5 g
- Sodium: 360 mg
- Protein: 21 g

Not That!

- Lunchmeat is often loaded with sodium, and can make a lunchmeat sandwich high in sodium when cheese and bread are included
- Tips to reduce sodium in your diet:
 - Use fresh rather than packaged meats
 - Select spices or seasonings that do not contain sodium on their labels (ex. choose garlic powder over garlic salt)
 - Buy fresh, frozen (no sauce), or no-salt-added canned vegetables
 - Compare nutrition facts labels on food packages for sodium amount and when available choose low-sodium, lower-sodium, reduced-sodium, or no-salt added versions of product
- **Nutrition Info for Turkey Sandwich:**
 - Calories: 340
 - Fat: 8 g
 - Sodium: 1,200 mg
 - Protein: 20 g