

EAT THIS, NOT THAT!

Oatmeal in Muffin Tins



Oatmeal Bake



Eat This!

- Preparing your oatmeal in single servings allows you to control the portion and how much you eat. Making multiple servings also makes breakfast for the entire week quick and easy!
- Healthy Topping Ideas:
 - Apple and cinnamon
 - Banana and cocoa powder
 - Blueberries or strawberries
 - Dried raisins or cranberries
 - Bananas and walnuts or almonds

Not That!

- It can be difficult to determine the correct portion when making a casserole and may end up causing you to overeat and gain unwanted weight.
- Tips for portion control:
 - Don't eat from the bag or box, instead divide the contents into the serving sizes ahead of time
 - Use smaller serveware and dishes to help from getting too much food

Baked Oatmeal Muffins:

Ingredients:

- 2½ cups old-fashioned rolled oats
 - 1 teaspoon baking powder
 - ½ teaspoon salt
 - 1 teaspoon cinnamon
- 2 tablespoons butter, melted & cooled
 - 2 cups milk
 - 1 egg
 - ¼ cup maple syrup

Directions:

- Preheat the oven to 375 degrees and line a muffin pan with 12 liners
- In a medium bowl, combine the oats, baking powder, salt, cinnamon. In a small bowl, whisk together the butter, milk, syrup, and egg. Combine wet ingredients with dry.
- Batter will be very loose and wet. Evenly distribute into lined muffin tins. Bake for 25-35 minutes or until muffins are just golden brown.

Nutrition Info: (makes 12 servings)

- Calories: 126; Protein: 4 g; Carbs: 19 g; Fat: 4 g; Sodium: 45 mg

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!

Chicken or Veggie Tacos



Beef or Pork 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

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

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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, $\frac{1}{2}$ cup of meat, and $\frac{1}{2}$ 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 Spaghetti:**
 - 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