Oatmeal in Muffin Tins

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

Oatmeal Bake

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
Hot Dog w/ Onion & Mustard

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

Hot Dog w/ Ketchup & Relish

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
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

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

Beef or Pork Tacos
**Eat This, NOT That!**

**Whole Wheat Spaghetti**
- 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

**Regular Spaghetti**
- 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