

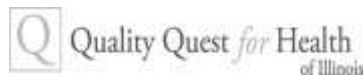


Let's Swap!

Instead of:

Try:

Delivery pizza	Homemade pizza with whole wheat crust
Sugary cereals	Whole grain cereals Oatmeal with fresh fruit
White bread	Whole wheat bread
Cream-based soups	Broth-based soups
Butter	Light margarine Whipped butter



416 Main Street
Suite 717
Peoria, IL 61602
p (309) 282-8820
www.QualityQuest.org

Sources:

American Academy of Pediatrics
www.parents.com/kids/nutrition

Jodie Shield, R.D.
www.parents.com/healthy-eating



Quality Quest for Health of Illinois

Easy & Healthy Substitutions

Simple changes to your grocery list make a DIFFERENCE!

Meals

When shopping look for:

- Lean or low fat meat
- Low fat or non fat dairy products
- Whole grain or whole wheat bread, cereal, crackers and other grains
- Fruit canned in juice, rather than syrup
- 100% fruit juice (no sugar added)
- Colorful fruits and vegetable, vibrant color indicates more flavor

Best & Worst Foods for Kids:

Best Foods

Baked potato
Breakfast cereal
Eggs
Fresh or frozen veggies
Fresh or frozen fruit
Ground beef
Milk
Orange juice
Peanut butter
Whole-wheat bread

Worst Foods

Chicken nuggets
Chips
Doughnuts
French fries
Fruit leather
Hot dogs
Juice-flavored drinks
Pre-packaged lunches
Soda
Toaster pastries

Snacking

Instead of:

Try:

Ice Cream	Low fat ice cream Frozen low fat yogurt Frozen fruit popsicles Sorbet
Potato chips	Baked chips or pretzels Unbuttered popcorn
Donuts Danish pastries Croissants Toaster cakes	Graham crackers Fat free fig bars English muffins Bagels Reduced fat muffins
Candy	Granola bar Fresh or dried fruit

REMEMBER

Snacks should complement meals, not replace them. Serve snacks an hour and a half before meals. Always try to serve two food groups at snacks. Keep snack portions small.

Other snacks to try:

- Make your own trail mix (dried fruit, nuts, cereal and pretzels)
- Vegetables with low fat dip
- Ants of a log (celery, peanut butter & raisins)
- Peanut butter or cheese & crackers
- Hard boiled eggs or yogurt
- Quesadillas (sprinkle some cheese on a wheat or corn tortilla and heat in microwave)
- Fruit kabobs or fruit salad

The Three R's:

Remove unhealthy ingredients:

For instance, sausage. If there are other flavors such as onions, spinach, mushrooms, garlic etc., there is a good chance you won't miss it.

Replace unhealthy ingredients:

If you cannot stand the thought of removing the sausage from a recipe, consider replacing it with a healthier option like turkey kielbasa.

Reduce amount of unhealthy ingredients in a recipe:

For instance, if you make Hamburger Helper, use one half a pound of meat as opposed to an entire pound. It is just as good. You won't miss the extra meat.

Other Suggestions:

- Switch to olive oil, rather than canola oil
- Use less sugar in recipes
- Switch to whole grains
- Add fruits and vegetables wherever possible
- Use beans either as a meat substitute or in addition to meat
- Be aware of portion sizes

