

# TIPS FOR PUTTING TOGETHER

## *Healthy* MEALS



1

### **Add greens like Kale and Spinach into everything you eat.**

Making an omelette? Add spinach. Soup? Add spinach. Point is, greens are great to throw into any meal because they cook down by more than half. Not only do they provide your body with important micro nutrients, but they also help to fill you up with fiber.

2

### **Rely on unsaturated "heart-healthy" sources of fat more than saturated sources.**

Substituting seeds, nuts, and other healthy sources of fat will help to make you feel more satisfied at the end of meal while also contributing important Omega-3 and Omega-6 fatty acids. Instead of adding croutons to add a salad, try adding walnuts or some other type of nut. Swap out the cheese in a taco for some guacamole. This will help to trim off some extra calories but still leave you full and satisfied.

3

### **Avoid frying foods and instead broil, bake, steam, or saute.**

Baking, steaming, or slow-cooking are the best ways to prepare your foods because it helps to retain all of the nutrients from it. Boiling loses a lot of the nutrients and frying adds in extra unnecessary fat. Your oven will become your best friend.

4

### **Use more herbs and seasonings than salt.**

Most of us rely on salt to add flavor to our foods and while it does help, it's also a sure fire way to end up with swollen fingers. Instead of piling on the salt try using spices like cumin, paprika, garlic, onion, and basil (just to name a few). These spices will add more interest to the meal and helps you cut back on the amount of salt used.