

KEYS TO BETTER HEALTH™

On The Go? When It Comes To Dinner, There's No Time For Slow!

Are you looking for quick, light, easy-to-prepare dinners for your busy family? Then you've come to the right place.

We understand you maintain a hectic existence during the week. There's school and work, and a schedule full of "people to meet" and "places to go!" Who has time to think about dinner, let alone one that is healthy for your family? You do, that's who! A nutritious meal requires planning, and Keys To Better Health™ is here to help you prepare.

First, you should plan a week worth of dinners and write them down. Check the refrigerator and the cupboards to see what you have on hand. If you're missing something, put it on the shopping list, then head to the store!

Plan for healthy versions of the meals your kids enjoy. Nobody likes a dinner table with unhappy children. Ask them what they like most, and plan a "Kid's Choice" night each week, where your children get to vote on what's for dinner. If they want burritos or hamburgers, never fear! With a little creativity, these are simple foods to prepare that will taste just as good with a low-fat recipe! Hamburgers can be eaten without buns, cheese, and fatty condiments, and with a side salad instead of French fries. Burritos can be made with pinto beans, lettuce, tomatoes, low-fat cheese, low-fat tortillas, and fresh salsa.

Incorporate "Theme Nights" into your dinner schedule, ie. Meatless Monday, Asian Noodle Tuesday, and Italian Pizza Friday, all of which can be part of a healthy dinner plan. If you're into prompting some dinner conversation, ask the older kids to find Italy or Asia on a map, or to tell everyone one interesting fact about that location. Learn one new Italian or Chinese word ... make healthy dinner a fun, interactive time.

Having a meatless meal once a week reduces your risk of cancer, heart disease, diabetes and more, and is a great way to kick-start a healthy week. Try a salad with hard-boiled eggs, tomatoes, olives, cheese, red peppers, and a low-fat dressing.

Ramen noodles are no longer a college student's go-to meal. Use only half the seasoning packet to reduce sodium. Add some red, yellow and green peppers with low-fat chicken, sprinkle a dash of pepper, and you'll never notice a difference in taste. Drain the salty broth from the ramen soup for an even healthier meal. Pizza can be made with a thin-crust, fresh vegetables, and pineapple for a sweet twist. Use low-fat pepperoni or ham to cut calories.

Our Keys To Better Health™ nutrition labeling program makes it easy for you to select healthy foods to incorporate into your weekly dinners. When you're shopping, be on the lookout for colorful tags on the shelf edges throughout the store directing you to healthy foods that are "Sodium Free," good for "Heart Health," and "Organic." Let these signs guide your way toward healthy, smart choices for you and your family at dinnertime.



Please note: Information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.