

# Food Gems That Help You Eat Right

Sometimes it's difficult to stick to an Eat Right lifestyle. Social events, holidays and even our moods can cause us to crave or eat foods that are not always healthy. The following chart offers some unique ways to turn nutritious foods into "Food Gems." These are handy, nutritious alternatives for higher-calorie foods.

| Food Gem  | Prep Suggestions  | How it Helps   |
|---|---|--|
| <b>Sweet and Regular Potatoes</b>                                     | <ul style="list-style-type: none"> <li>Bake several and store in fridge or freeze; top with salsa or 1 tbsp. low-fat sour cream</li> <li>Slice into "fries," season, and bake until crispy</li> <li>Slice thinly into "chips" and bake until crispy</li> </ul>          | <ul style="list-style-type: none"> <li>Filling and satisfying</li> <li>Alternative to French fries and fried potato chips</li> <li>Great side for parties or BBQs</li> </ul>                     |
| <b>Jicama Root or "Mexican Potato"</b>                                | <ul style="list-style-type: none"> <li>Slice thinly and eat raw with salsa or low-fat dip</li> <li>Shred into a salad or slaw</li> </ul>  | <ul style="list-style-type: none"> <li>Crisp texture for crunchy cravings</li> <li>Great for appetizers or snacks</li> </ul>   |
| <b>Flavored Water</b>   | <ul style="list-style-type: none"> <li>Buy zero-calorie, zero-sugar bottles</li> <li>Add lemon, lime, orange or berries to plain water</li> </ul>   | <ul style="list-style-type: none"> <li>Improves the taste of water</li> <li>Encourages you to drink more</li> <li>Great non-alcoholic drink at parties</li> </ul>                                |
| <b>Lean Ground Turkey Breast</b>                                      | <ul style="list-style-type: none"> <li>Make lower-calorie meatballs</li> <li>Add peppers and onions and make ¼ oz. burger patties</li> <li>Sauté with onion, pepper and tomato for taco salad</li> <li>Mix ½ turkey with ½ lean ground beef for burgers</li> </ul>      | <ul style="list-style-type: none"> <li>Lower-calorie alternative to beef</li> <li>Mixes well with peppers and spices to improve taste</li> <li>Cheaper than using all beef</li> </ul>            |
| <b>Fruit Salad: Watermelon, honeydew, cantaloupe, pineapple, etc.</b> | <ul style="list-style-type: none"> <li>Chop and store in the fridge, eat for snack or dessert</li> <li>Take to a party as an appetizer or dessert option</li> <li>Skewer for fruit kabobs</li> </ul>  | <ul style="list-style-type: none"> <li>High water content fills you up</li> <li>Sweet fruit alternative for dessert</li> <li>Can be prepared in advance and stores well in the fridge</li> </ul> |
| <b>Veggie Burgers</b>   | <ul style="list-style-type: none"> <li>Grill or heat in a skillet as low-calorie burger option</li> <li>Chop and eat on green salad</li> </ul>  | <ul style="list-style-type: none"> <li>Cooks quickly</li> <li>Keep in the freezer for a quick meal</li> <li>Variety of flavors available</li> </ul>  |
| <b>Spaghetti Squash</b>   | <ul style="list-style-type: none"> <li>Cut in half and roast, scrape flesh with a fork and top with marinara sauce, vegetables and chicken or fish</li> <li>Layer cooked squash in a casserole dish with beans, onions, peppers, tomatoes and low-fat cheese</li> </ul> | <ul style="list-style-type: none"> <li>Filling, low-calorie substitute for pasta or casseroles</li> <li>Can roast in oven while preparing other ingredients</li> </ul>                           |
| <b>Beans</b>  | <ul style="list-style-type: none"> <li>Use instead of meat in tacos, pasta or stew.</li> <li>Use as a topping on baked potatoes or a green salad</li> <li>Mash with lemon juice, garlic and spices as a dip or sandwich spread</li> </ul>                               | <ul style="list-style-type: none"> <li>Filling, low-calorie, versatile and high-protein alternative to meat</li> <li>Canned or dried beans are easy to prepare and store</li> </ul>              |

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| <b>Greek Yogurt – low fat, unsweetened</b> | <ul style="list-style-type: none"> <li>• Mix one cup with fresh berries and cinnamon</li> <li>• Mix with Dijon mustard, onion, celery and canned tuna, a boiled egg or chicken for a low-calorie meal</li> <li>• Use as an alternative to high-calorie desserts</li> </ul>  | <ul style="list-style-type: none"> <li>• Filling, high protein</li> <li>• Can be prepared in advance</li> <li>• Healthful alternative to mayo and regular sour cream</li> </ul>   |
| <b>Soups, Stews, Chili</b>                 | <ul style="list-style-type: none"> <li>• Cook on the stove or in the crockpot and freeze leftovers</li> <li>• Simmer peppers, onions, carrots, tomatoes and cabbage for a filling veggie soup</li> <li>• Cook beans, veggies and spices for vegetable chili</li> <li>• Cook lean meat with vegetables for hearty stews</li> </ul> | <ul style="list-style-type: none"> <li>• Filling, high-water content</li> <li>• Prepare in bulk and freeze</li> <li>• Ingredients are pantry staples</li> <li>• Great in cooler weather, at parties or at football tailgates</li> <li>• Eat as a meal or as an appetizer to fill you up before your entree</li> </ul> |
| <b>Instant Brown Rice</b>                  | <ul style="list-style-type: none"> <li>• Serve ½ cup with chicken or fish and vegetables</li> <li>• Wrap in a low-calorie tortilla with black beans, tomatoes, onions, peppers and avocado</li> </ul>   | <ul style="list-style-type: none"> <li>• Quick and easy to prepare</li> <li>• Easy to keep on hand</li> <li>• Can be used as a side dish</li> </ul>   |
| <b>Quinoa Grain</b>                        | <ul style="list-style-type: none"> <li>• Serve as a side in place of rice</li> <li>• Stuff a bell pepper with cooked quinoa and veggies</li> <li>• Pair with beans and vegetables for a filling entrée</li> <li>• Cook in a crockpot overnight with cinnamon and serve with fruit for a make-ahead breakfast</li> </ul>           | <ul style="list-style-type: none"> <li>• Cooks like rice but faster</li> <li>• Filling, high protein and can be a meat-free meal with veggies</li> <li>• Easy to store and prepare in bulk</li> </ul>   |
| <b>Canned Tuna</b>                         | <ul style="list-style-type: none"> <li>• Add mustard and serve with salad or as sandwich</li> <li>• Sauté with vegetables and serve over rice</li> </ul>  | <ul style="list-style-type: none"> <li>• Filling, easy to prepare and store</li> <li>• Great for prep-ahead meals</li> </ul>  |
| <b>Lentils</b>                             | <ul style="list-style-type: none"> <li>• Use in place of beans or meat</li> <li>• Serve with grilled or broiled fish</li> <li>• Pair with cooked wheat pasta and vegetables</li> </ul>  | <ul style="list-style-type: none"> <li>• Filling, high-protein</li> <li>• Easy to prepare and inexpensive</li> </ul>  |
| <b>Edamame or Soybeans</b>                 | <ul style="list-style-type: none"> <li>• Steam in the pod and serve as appetizer at a party</li> <li>• Serve with stir-fried Asian vegetables and soy sauce over brown rice for a meat-free meal</li> <li>• Eat ½ cup alone or with other veggies as a snack</li> </ul>   | <ul style="list-style-type: none"> <li>• Go-to appetizer at Asian restaurants</li> <li>• Meat-free alternative</li> <li>• Another good source of protein</li> </ul>   |
| <b>Eggs</b>                                | <ul style="list-style-type: none"> <li>• Make an omelet with veggies for any meal</li> <li>• Hard-boil and pack in a salad for lunch</li> </ul>   | <ul style="list-style-type: none"> <li>• Easy to prepare and inexpensive</li> <li>• Good source of protein</li> <li>• Use egg whites to cut calories</li> </ul>   |

Condiments like salad dressing, mayo, dips, butter and oils often come with a high calorie price even in small amounts! Remember to check labels for sodium, sugar, fat grams and calories per serving. Sometimes what appears healthy really isn't.

**Try these condiment gems that have lots of flavor and very few calories.**

**CONDIMENT GEMS**

- ▶ Salsa
- ▶ Relish
- ▶ Hot sauce
- ▶ Flavored vinegars
- ▶ Fat-free, plain yogurt
- ▶ Low-sodium soy sauce
- ▶ Mustard (spicy or Dijon)
- ▶ Fresh lemon and lime juice
- ▶ Low-sodium spices and seasonings
- ▶ Fresh herbs, garlic and ginger root
- ▶ Non-stick spray & mister bottles

