

Healthy recipes websites

Superhealthykids.com

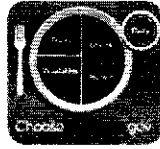
Healthykids.nsw.gov.au

Kidshealth.org

Weelicious.com



10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary
Guidelines
for Americans

Eating better on a budget

Get the most for your budget! There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

1 Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or soups, which "stretch" expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



2 Get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

3 Compare and contrast

Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is the best buy.

4 Buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are large containers of low-fat yogurt and large bags of frozen vegetables. Before you shop, remember to check if you have enough freezer space.



5 Buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

6 Convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut fruits and vegetables, and take-out meals can often cost more than if you were to make them at home. Take the time to prepare your own—and save!

7 Easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy cabbage, sweet potatoes, or low-sodium canned tomatoes. As for fruits, apples and bananas are good choices.



8 Cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

9 Get creative with leftovers

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry, over a garden salad, or in chili. Remember, throwing away food is throwing away your money!

10 Eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals. Ask for water instead of ordering other beverages, which add to the bill.



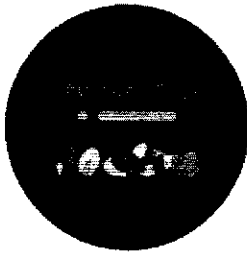
United States Department of Agriculture



MyPlate
MyWins

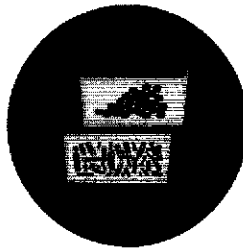
Hacking your snacks

Planning for healthy snacks can help satisfy hunger in between meals and keep you moving towards your food group goals.



Build your own

Make your own trail mix with unsalted nuts and add-ins such as seeds, dried fruit, popcorn, or a sprinkle of chocolate chips.



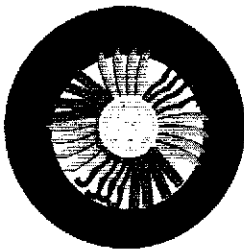
Prep ahead

Portion snack foods into baggies or containers when you get home from the store so they're ready to grab-n-go when you need them.



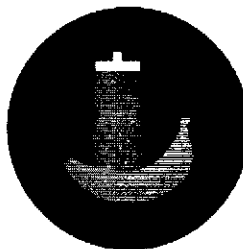
Make it a combo

Combine food groups for a satisfying snack—yogurt and berries, apple with peanut butter, whole-grain crackers with turkey and avocado.



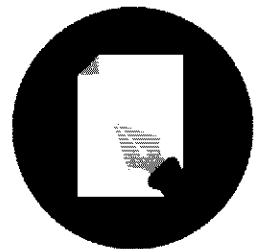
Eat vibrant veggies

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, or cucumbers in hummus, tzatziki, guacamole, or baba ganoush.



Snack on the go

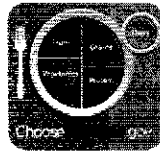
Bring ready-to-eat snacks when you're out. A banana, yogurt (in a cooler), or baby carrots are easy to bring along and healthy options.



List more tips



10 tips
Nutrition
Education Series



MyPlate
MyWins

Based on the
Dietary Guidelines
for Americans

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.

7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.



8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.

Posted by Lindsay

<https://www.theleangreenbean.com/peanut-butter-banana-oat-muffins/>

Peanut Butter Banana Oat Muffins

Preparation: 5 min **Cook Time:** 30 min **Serves:** 10

Low in added sugar and full of fiber and flavor, these make a great snack.

Ingredients

1/2 cup mashed bananas (approximately 2 medium)
4 Tablespoons butter, melted
1/4 cup plain yogurt - i use full fat. 2% would also work. Greek or regular should be fine.
1/2 cup peanut butter
1 egg
1 teaspoon vanilla extract
2 Tablespoons brown sugar
1 teaspoon cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
3/4 cup white whole wheat flour
3/4 cup rolled oats
1/2 cup chocolate chips

Instructions

1. Preheat oven to 350 degrees F.
2. Combine bananas, butter, yogurt, peanut butter, egg, vanilla and sugar in a large bowl and mix well.
3. Add dry ingredients and stir until just combined.
4. Stir in chocolate chips.
5. Scoop into muffin liners and bake for 25-30 minutes or until toothpick inserted into center comes out clean.

© 2014 The Lean Green Bean. All rights reserved.

No-Bake 'In a Pinch' Grain-Free Breakfast Cookies

Author: Cara Comini

Recipe type: Breakfast Cuisine: Gluten Free, GAPS Diet, SCD

Prep time: 5 mins Cook time: 15 mins Total time: 20 mins

Serves: 12

Without the stand-by of cold breakfast cereal, sometimes we just need something quick and easy to hand the kids on the way out the door on an especially rushed morning. I keep a batch of these breakfast cookies in the back of my fridge for just a morning such as that (or, let's be honest- most Thursday mornings!). They also pack really well into backpacks for hiking and lunchboxes, and are sweet enough to be served as a dessert as well.

Ingredients

- ½ cup honey
- 1-1/4 cup peanutbutter
- ½ teaspoon sea salt
- 1-1/2 cups flaked coconut (more if needed)

Directions

1. Over medium-high heat, heat the honey to boil, and continue cooking, stirring occasionally over medium heat, for 3 minutes. Honey will be bubbling and starting to darken, but not be completely dark brown at this point. This is the firm ball stage.
2. Turn off burner and add the peanutbutter and sea salt. Allow to sit for 5 minutes, or until the peanutbutter becomes more melty and stirs easily into the honey.
3. Add in coconut while stirring. Add in more coconut if needed to make the mixture the consistency of cookie dough.
4. Lay out parchment and, using a heaping tablespoon of the mixture, form into cookie shapes. Allow to cool to room temperature, and then store covered in the fridge.

Recipe by Health, Home, & Happiness at <https://healthhomeandhappiness.com/no-bake-in-a-pinch-grain-free-breakfast-cookies.html>

Hot Breakfast: Slow Cooker Baked Apples

Author: Cara Comini

Recipe type: Breakfast, Dessert Cuisine: Paleo, Gluten Free, Real Food, Vegetarian, Vegan

Prep time: 15 mins Cook time: 6 hours Total time: 6 hours 15 mins

Serves: 6

Cooked in the slow cooker, these are an easy treat that can be ready when you wake up!

Ingredients

- 6 granny smith apples
- ¼ cup raisins
- 2 tablespoons honey
- Coconut milk to topp

Directions

1. Core apples. To core, using an apple corer or paring knife, cut around the core (about ¼ inch from the stem all the way around) but leave about half an inch at the bottom. Use the knife to 'drill out' the core.
2. Divide raisins, honey, cinnamon, and coconut oil between the apples.
3. Place apples in a crock pot and add ½ inch of water. Cook on low overnight and enjoy a hot breakfast in the morning!
4. Alternatively, bake covered at 350 degrees in a glass dish for 45 minutes-1 hour in the morning.
5. Top with with cream, yogurt, coconut milk, or just eat plain.

Recipe by Health, Home, & Happiness at <https://healthhomeandhappiness.com/hot-breakfast-slow-cooker-baked-apples.html>

Posted by Lindsay

<https://www.theleangreenbean.com/peanut-butter-banana-oat-muffins/>

Peanut Butter Banana Oat Muffins

Preparation: 5 min **Cook Time:** 30 min **Serves:** 10

Low in added sugar and full of fiber and flavor, these make a great snack.

Ingredients

- 1/2 cup mashed bananas (approximately 2 medium)
- 4 Tablespoons butter, melted
- 1/4 cup plain yogurt - i use full fat. 2% would also work. Greek or regular should be fine.
- 1/2 cup peanut butter
- 1 egg
- 1 teaspoon vanilla extract
- 2 Tablespoons brown sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 cup white whole wheat flour
- 3/4 cup rolled oats
- 1/2 cup chocolate chips

Instructions

1. Preheat oven to 350 degrees F.
2. Combine bananas, butter, yogurt, peanut butter, egg, vanilla and sugar in a large bowl and mix well.
3. Add dry ingredients and stir until just combined.
4. Stir in chocolate chips.
5. Scoop into muffin liners and bake for 25-30 minutes or until toothpick inserted into center comes out clean.

© 2014 The Lean Green Bean. All rights reserved.

Posted by Lindsay

<https://www.theleangreenbean.com/pumpkin-energy-balls/>

Pumpkin Energy Balls

Serves: 18-20

An easy grab & go snack that tastes like fall and is packed with fiber, protein and healthy fats for energy.

Ingredients

1/2 cup pumpkin seeds (shelled)
1/2 cup sunflower seeds
1 Tablespoon chia seeds
1/2 cup almonds
1/2 cup pumpkin puree
1 cup chopped & pitted dates
1/2 cup rolled oats
1 teaspoon cinnamon
1/2 teaspoon ginger

Instructions

1. Put the nuts and seeds in a food processor or high-powered blender and pulse several times to chop. Pour into a bowl and set aside.
2. Put the remaining ingredients in the food processor and process to chop and mix well.
3. Add the nut mixture and pulse several times until well combined.
4. Scoop mixture onto large piece of plastic wrap. Wrap up and squeeze to form large ball.
5. Freeze for 30-60 minutes.
6. Remove from freezer and roll into bite-sized balls.
7. Store in the freezer.

© 2014 The Lean Green Bean. All rights reserved.

Posted by Lindsay

<https://www.theleangreenbean.com/sweet-potato-banana-bites/>

Sweet Potato Banana Bites

Preparation: 5 min **Cook Time:** 20 min **Serves:** 14

Made with just 4 main ingredients, these Sweet Potato Banana Bites are gluten-free and make a great snack!

Ingredients

1/2 c cooked, mashed sweet potato (approx 1 medium)
1/2 cup mashed banana (approx 1 medium)
1/4 c nut butter
2 eggs
cinnamon, to taste
Optional mix-ins: dark chocolate chips, fruit, chia seeds, etc

Instructions

1. Smash the sweet potato and banana together in a small bowl.
2. Add the peanut butter, eggs and cinnamon & mix well.
3. Stir in any additional mix-ins and spoon into greased mini muffin tins.
4. Bake at 375 degrees for 18 minutes.

Recipe Notes

You could also try subbing another pureed fruit like applesauce in these. In my experience they're a bit less sweet but still good.

You can also add a splash of vanilla extract for more flavor if desired!