

Healthier Mealtime Makeovers! – Spring 2008

Help give your children the kid friendly meals they love, while trimming fats and providing more of the nutrients they need with these simple mealtime makeovers:

Peanut Butter & Jelly

Try using fortified whole grain bread, 100% fruit spread, and “no sugar added” peanut butter (or even better - soy nut butter) to decrease fat and add valuable protein, fiber, calcium, iron and folic acid.

Grilled Cheese

Use fortified whole grain bread and 2% milk American cheese, and grill on no stick pan without butter to decrease fat and cholesterol and increase protein, fiber, calcium, iron and folic acid.

Pizza

Instead of frozen pizzas which are loaded with fat and sodium, try making your own with whole-wheat pizza crust (Boboli makes a ready to bake crust), canned pizza sauce, part skim low-moisture mozzarella cheese, turkey pepperoni, and sliced veggies to decrease fat and sodium and add valuable fiber and vitamins. For mini-pizzas, try making with whole grain fortified English muffins!

For more mealtime makeover ideas, visit www.kidshealth.org/parent/ and search for “mealtime makeovers”.