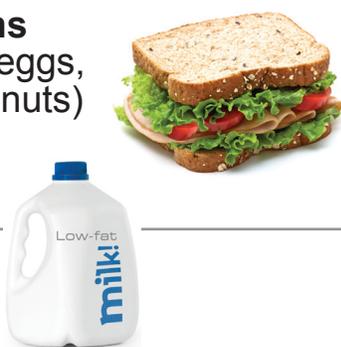


Healthier Meal & Potluck Choices

Food Groups	Less Healthy Options	Healthier Options and Ideas
Grains (breads, baked goods, cereals) 	White rice White flour White pasta White flour tortillas	Brown/wild rice dishes Whole wheat pasta Whole wheat bread or tortillas Corn tortillas Quinoa
Fruits 	Almost all forms of fruit are healthy! <i>(Try to avoid "fruit-flavored" items that contain little or no fruit, but lots of sugar or fat.)</i>	Sliced fresh fruit Fruit salad Frozen berries made into smoothies Fruit kebabs Dried fruit (if low in sugar and fat)
Vegetables 	Almost all forms of veggies are healthy! <i>(Try to avoid lard, butter and a lot of salt.)</i>	Lightly steamed veggies (green beans, broccoli, cauliflower) Soups or salads Baked or roasted potatoes Casseroles/quiches with low-fat crust
Proteins (meat, eggs, beans, nuts) 	Fried chicken Beans made with lard Bacon Sausage Eggs made with lots of butter, mayonnaise or cheese	Broiled/baked turkey, chicken, fish Peanut/almond butter Tofu (baked or scrambled) Egg casserole/quiche with low-fat crust Baked beans/lentils/pinto or black beans Stews/soups with beef or chicken
Dairy 	Whole milk Whipped cream Butter	Low-fat yogurt and cheese dishes Reduced fat cream cheese Puddings/tapioca made with low-fat milk
Fats 	Coconut/palm oils Fat in meats Butter Cream cheese	Canola/olive/peanut oils Soft tub margarine Peanut/almond butter dishes Tahini (sesame paste)
Desserts 	Bakery muffins/cookies Cakes/pies/sweet rolls Ice cream	Baked goods using whole grains Desserts based around fresh fruit Gelatin with fruit Frozen yogurt
Beverages 	Fruit punch (or other drinks with little or no actual fruit juice) Soda Energy drinks	Water Low-fat milk Unsweetened hot or iced tea 100% juice



While not every item you serve needs to be "healthy," try to provide healthy choices as often as possible. Provide more nutrient-dense foods (foods with more nutrition and vitamins) and fewer "empty"-calorie foods (those high in calories and fat but low in nutrients and vitamins). Variety is the spice of life!

Content reprinted with permission from Health Ministry Team of Ainsworth United Church of Christ, Portland, Oregon



Heart of New Ulm

Supporting a culture of wellness

heartofnewulm.com