



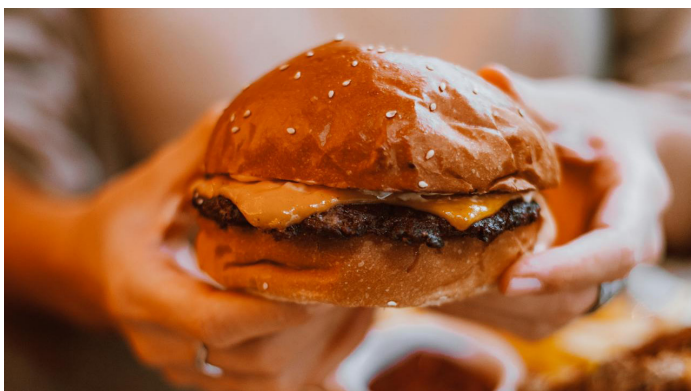
Make Healthy-Food Swaps

CHALLENGE

Choose healthy meals & snacks

Requirements to complete this HEALTH CHALLENGE™

1. Read “Make Healthy-Food Swaps.”
2. Create a plan to eat healthy meals and snacks.
3. Keep a record of your completed health challenge in case your organization requires documentation.



When Kansas resident Kelli Poles played college basketball, she felt unstoppable. She played hard. She trained with her team every day. She exercised in the gym. And her diet was always healthy.

But when an injury sent her to the sidelines, Kelli felt defeated. She quit training. She ate a lot of burgers, fries, soda, and other junk food.

Pretty soon, her diet was her toughest opponent. When she tipped the scale at more than 100 pounds overweight, Kelli decided it was time to make a change.

With a little help, she learned to make healthier food at home. She skipped the drive-thru for healthier choices like fruits, vegetables, whole grains, nuts and seeds, and legumes. And she lost 123 pounds in a year.

When you learn to eat better and choose the right foods, it can have a positive impact on your overall health. And it starts at home. Take the month-long health challenge to Eat Healthy at Home.

Your grocery-shopping game plan
<https://tinyurl.com/yxpkat9o>

Munch-Time Makeover Quiz

Test your knowledge about eating healthy at home.



- | | T | F | |
|----|--------------------------|--------------------------|---|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | To use less salt, you can season foods with more herbs and spices and still enjoy good flavor. |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | Applesauce works well in place of butter, margarine, oil, or shortening in recipes. |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | When a recipe calls for white flour, you can swap at least half of it for whole-grain flour to make the recipe healthier. |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | A banana, apple or orange contains the same amount of calories as a typical candy bar. |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | You can replace sour cream or whole milk in a recipe with low-fat plain yogurt, soymilk, or even pureed vegetables. |

How did you do? Lots of people eat at home, but frozen pizza, microwave meals, and junk foods aren't exactly healthy. You can choose healthy snacks and cook with healthier ingredients.

For example, mashed bananas, pureed dates, or sugar-free applesauce are good substitutes to sweeten food in place of sugar. And most fruit contains 100 calories or less per serving, compared to a typical candy bar with 250 calories.

Answers: 1.True, 2.True, 3.True, 4.False, 5.True.

Eat This, Not That to Live Longer

People who have healthy habits—like making smart food choices—live 12 to 14 years longer than those who don't.

Making healthy swaps is an easy place to start. Drink a glass of water instead of a soda. Eat your favorite fruit instead of a candy bar. And when you're cooking at home, keep this in mind...

- Recipes that call for things like butter or shortening, heavy cream, whole milk, cups of sugar, added salt, or white flour aren't all that healthy. Why?
- These things are higher in calories, fat, sodium, and sugar. And they can harm your health.

It's tough to eat healthy all the time if you get your meals from a package, fast food restaurant, or the nearest quickie mart. But it doesn't have to be that way. When you know what to do, you can eat healthy at home.



9 Tips to Eat Healthy at Home

Ready to eat healthier at home? You don't have to be a master chef or nutrition expert. But you should know a few things about healthy food choices and ingredients to improve your diet. Start here...

1. Eat more fruits & veggies

It's the easiest way to eat better and cook healthier food at home.

- **Vegetables.** Only 10 percent of adults eat enough vegetables, according to recent data from the Centers for Disease Control and Prevention.²
- **Fruit.** And fruit isn't much better. Just 12.3 percent of adults eat the daily recommended amount of fruit.

But fruits and veggies are easy to prepare. They can be eaten fresh, frozen, or steamed.

2. Choose the less milky way

Many recipes for breads, muffins, gravy, and desserts call for whole milk. But it's high in calories and fat. Skip the whole milk, and use fat-free or soy milk instead.

3. Skip heavy cream

Like whole milk, it's loaded with saturated fat and calories. There's a healthier option.

- Use evaporated skim milk or a blend of low-fat yogurt and low-fat cottage cheese.

Your soups, potato casserole, biscuits, white sauce, and desserts will be just as tasty!

4. Go fat-free

Put down the spoon and step away from the sour cream. There's a healthier swap for baked potatoes, taco dip, soups, pastries, and some salad dressings.

More healthy-snack ideas
<http://tinyurl.com/2td6absj>

- Use fat-free sour cream or fat-free yogurt.

If your recipe calls for cream cheese, fat-free or soy-based options are healthier.

5. Eat egg whites

You know, without the yolk. If you like eggs scrambled, sunny-side up, deviled, or added to a recipe, here's what you need to know:

- They're high in cholesterol and calories. But that's mainly from the yolk.

You can cook a healthier meal without it, or at least using fewer eggs. Most recipes turn out just fine using only the egg whites.

TIP: Substitute 1/4 cup water for each egg. A cholesterol-free egg-substitute also works well.

6. Heap on the herbs & spices

It's best to eat no more than 2,300 mg of sodium (salt) per day. Yet most adults consume 3,500 mg or more a day.³

Salt does help bring out the flavor in foods. But there's a healthier option.

- Use a variety of herbs and spices in place of salt. Try basil, dill weed, garlic, thyme, or chili pepper.

7. Sweeten recipes with healthier ingredients

Lots of recipes call for large amounts of sugar...desserts, cookies, pies. Sugar is high in calories. And too much of it can lead to a host of health problems.

6 benefits of cooking at home
<https://tinyurl.com/v2gn2wga>

You can swap sugar in a recipe with natural sweeteners like:

- Applesauce
- Mashed bananas
- Pured dates
- Honey
- Agave

8. Mix white flour with whole-grain flour

Take a look at most recipes for baked goods, and you'll see white flour on the list of ingredients. Sure, it's made from grain. But in the refining process, the bran and germ are stripped away. That's where the nutrients are!

TIP: To put some of them back in your recipes, replace half of the white flour with whole-wheat or other whole-grain flour.

9. Stock up on healthy snacks

If you don't have time to cook at home, but you're hungry for a snack, stock up on healthy options. Avoid or limit chips, cookies, and sweet treats, and eat things like this instead:

- Cheese stick
- Fresh-cut vegetables with hummus (celery, carrots, cucumber, peppers, broccoli, cauliflower)
- Nuts & seeds
- Apple with peanut butter
- Greek yogurt
- Hard-boiled egg
- Cottage cheese
- Dark chocolate

Eating healthy at home doesn't have to be hard. Eat more fruits, vegetables, whole grains, nuts and seeds, and legumes, and use healthy ingredients. You'll improve your diet and your health.



References

1. Li, Y., et al. (2018). Impact of healthy lifestyle factors on life expectancies in the U.S. population. *Circulation*, 138:345-355. From: <http://tinyurl.com/mpreccmm>
2. Lee, S.H., et al. (2022). Adults meeting fruit and vegetable intake recommendations. *Morbidity and Mortality Weekly Report*, 71(1): 1-9. From: <http://tinyurl.com/mdzr4tzv>
3. U.S. Food and Drug Administration. (2023). Sodium reduction. From: <http://tinyurl.com/hakpzxdu>



Make Healthy-Food Swaps

CHALLENGE
Choose healthy meals & snacks

Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to eat healthy meals and snacks.
3. Use the calendar to record your actions and choices to make healthy food swaps.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		
HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____	HC [] ex. min. _____		

_____ Number of days this month I made healthy-food swaps.

_____ Number of days this month I exercised at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____