

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



Ideas For Eating Better For Less

Go Lean with Protein!

Choose lean meats and poultry. Vary your protein choices by eating more fish, beans, peas, nuts, and seeds.

Eat 5 1/2 ounces* (2 to 3 servings) of protein foods (meat, poultry, fish, dry beans, eggs, and nuts) every day.

- Two to three ounces of cooked lean meat, poultry or fish count as one serving of a protein food.
- One-fourth cup of cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 oz. of nuts and seeds count as 1 ounce of meat.



Eat less than 300 mg. of cholesterol each day.

Trim fat from meat and take skin off poultry.

Bake, broil or grill meats, poultry and fish.

Limit intake of high-fat processed meats such as bacon and sausages.

*The recommendation of 5.5 oz. of protein foods every day is based on a 2,000 calorie diet. Go to www.mypyramid.gov for personalized nutritional recommendations.

Bean Salad Serves 8

1 can (15.5 oz.) black beans
1 can (15.5 oz.) kidney beans
1/2 cup chopped onions

1 cup corn (frozen or drained canned)
1/2 cup low-fat Italian dressing
Season to taste

1. Drain and rinse beans (you can substitute bean types)
2. Mix all ingredients together and chill.
3. Add any other combinations to this you like (mandarin oranges, broccoli florets, other chopped fruit).

NUTRITION FACTS (per serving) - Calories 140 - fat 2 g - calories from fat 20 - sodium 470 mg
- total carbohydrate 22 g - fiber 7 g

Ground Beef and Macaroni Serves 4

3/4 pound lean ground beef
1/2 cup onion, chopped
1 can (16 oz.) tomatoes
1 can (10 3/4 oz.) tomato puree

1/2 tsp. ground oregano **OR** 1 tsp. chili powder
Salt and pepper to taste
3 cups elbow macaroni, cooked (about 1 cup uncooked)

1. Cook beef and onion in large skillet until beef is browned and onion is clear. Drain.
2. Break up large pieces of tomatoes. Add tomatoes, tomato puree, and seasonings to beef mixture.
3. Simmer 15 minutes to blend flavors.
4. Stir in cooked macaroni. Heat to serving temperature.

NUTRITION FACTS (per serving without "salt to taste") - Calories 350 ~ fat 11 g ~ calories from fat 100 ~ sodium 520 mg ~ total carbohydrate 34 g

Save money when purchasing meat, poultry, and fish.

- Buy less expensive cuts of meat and poultry.
 - Choose lean ground meats
 - Buy and cook whole chickens or turkeys and freeze the leftovers after cutting them into single servings.
- Use small amounts of meat, poultry, and fish in casserole dishes (mix meat with grains and/or vegetables in casseroles).



Tip of the Month – Hard-Cooked Colored Egg Hunts. Refrigerate hard-cooked eggs within 2 hours of cooking and use within a week. Hide colored hard-cooked eggs in places that are protected from dirt, pets, and other sources of bacteria. The total time for hiding and hunting eggs should not be longer than 2 hours. The "found" eggs must be re-refrigerated until eaten. Discard cracked eggs. If the egg hunt will take longer than 2 hours, use plastic eggs.