

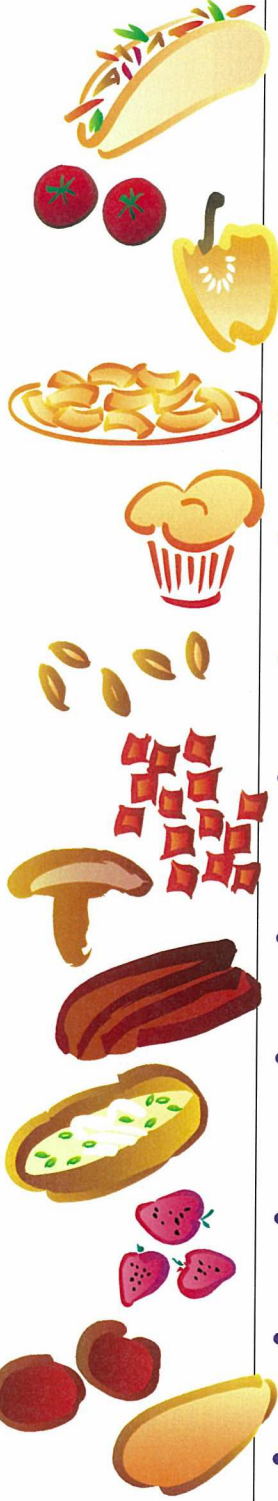
LIVE WELL! TIPS TO SLIP MORE NUTRIENTS

INTO YOUR DINNER

Eating the nutrient rich way means getting the most vitamins, minerals and other nutrients—but not too many calories—from the foods you choose. Below is an assortment of quick, easy and tasty tips to boost the nutrient richness of your dinner.

Nutrient-Rich Dinner Hints

- Use 90-95% lean ground beef in tacos, chili and spaghetti sauce. Protein-rich beef boosts your intake of vitamin B₁₂, zinc and iron.
- Toss a multi-hued salad of dark greens such as spinach or romaine lettuce, cherry tomatoes, orange or yellow peppers and purple onion. The more colors, the wider variety of nutrients you get. Top with chopped hard-cooked egg for high-quality protein, B vitamins, vitamin E and iron.
- Try whole wheat macaroni in macaroni and cheese—a tasty way to enjoy a whole grain food and calcium-rich dairy.
- Shred carrots or zucchini into meatloaf, casseroles, quick breads and muffins to add nutrients and fiber.
- Slip a whole grain into stuffed peppers or tomatoes by using bulgur, brown rice or whole wheat couscous in the filling.
- Pork is loaded with the B-vitamin thiamin. Savor a stir-fry made with lean pork strips, shredded cabbage and crunchy water chestnuts. Serve over enriched white rice for B vitamins and iron.
- Add extra chopped tomatoes, peppers, zucchini, mushrooms and onions to soup, chili, pasta sauce or lasagna.
- For a sizzling salad, grill steak with a variety of veggies such as Portobello mushrooms, zucchini, peppers, tomatoes and onions. Slice and place atop colorful salad greens.
- For a tangy taste, top a baked potato with plain lowfat yogurt and fresh herbs. You'll get potassium from the potato and the yogurt.
- Feature fruit for dessert—and get vitamin C and fiber, too—by serving a slice of angel food cake smothered with strawberries or blueberries.
- Oven roast sliced potatoes with chicken pieces, rosemary and garlic. For a vegetarian version, roast sliced potatoes, red, green and yellow peppers, onion and garlic tossed with olive oil and a dash of balsamic vinegar.



Are you looking for easy-to-make meals that taste great and are good for you? The selection below features delicious nutrient-rich meals you can mix and match to suit your taste buds and calorie budget.

DINNER

300-400 Calorie Dinners

Good-for-You Grill: Marinate 3 ounces salmon in orange juice. Grill with 1/2 cup baby red potatoes, 1/2 cup onions and 6 asparagus spears tossed with 1 teaspoon olive oil. Serve with a crusty whole grain roll.

Mex to the Max: Fill a 6-inch taco shell with 3 ounces cooked shredded chuck shoulder pot roast, 2 tablespoons chopped tomatoes, 1/4 cup shredded spinach leaves, 2 tablespoons shredded lowfat Cheddar cheese and 2 tablespoons avocado salsa. Enjoy with 1/2 cup fat-free refried beans on the side.

Palate-Pleasing Primavera: Sauté 2 teaspoons garlic in 1 tablespoon olive oil. Toss in 1/2 cup chopped tomatoes, 1/2 cup broccoli, 1/2 cup asparagus, 1/2 cup mushrooms and 2 tablespoons shredded carrots. Cook until the vegetables are tender. Mix with 1 cup cooked penne pasta and top with 2 tablespoons Parmesan cheese.

400-500 Calorie Dinners

The Well-Dressed Burger: Place a cooked 3-ounce 90-95% lean ground beef patty on a whole grain bun. Top with romaine lettuce, 2 slices tomato and 2 slices red onion. Serve with 1/2 cup three-bean salad.

Very Veggie Pizza: Spread a 3-ounce whole grain pizza crust with 1/2 cup marinara sauce. Layer with thin slices of the following: 1/2 cup roasted potatoes, 1/2 cup red onions and 1/2 cup green and red peppers. Top with 1/2 cup shredded lowfat mozzarella cheese. Bake according to crust package directions.

Family Favorite: Top 1 cup cooked whole wheat pasta with 3 ounces cooked ground skinless turkey breast or 90-95% lean ground beef mixed with 1/2 cup Italian-style tomato sauce. Serve with 1 cup spinach salad tossed with 1 tablespoon lowfat Italian dressing.



Enjoy Nutrient-Rich Foods.

Tip: To find your calorie needs based on your age, gender, height, weight and activity level, go to **MyPyramid.gov**.