



Healthier Versions of Common Kid Friendly Meals

PB&J

Start with **whole grain bread** -- make sure that the first ingredient on the ingredient list is "whole grain." Try to avoid breads with added sugar (bread should not really have any) to keep sugar intake down. If your kids refuse to eat whole wheat bread, try the new variety of whole wheat white bread that is a step up from the white bread that many kids prefer. It is also important to keep trying whole wheat bread with your kids, as foods often require repeat exposure for acceptance.

Go **natural with nut butter -- peanut butter** (or any nut butter) is a healthy source of plant-based protein and fiber. Just try to choose natural varieties that don't have trans fats (partially hydrogenated oils). Even though most regular brands contain only a small amount, you don't need any in your diet, and many of the major brands now have natural varieties that have no hydrogenated oils. In addition, choose low-sodium varieties when you can and limit added sugar.

Stick with spreads -- Choose spreads or jams over jellies as they generally have less sugar and actually contain real fruit, not just fruit juice. Try to find products with fruit as the first ingredient. Compare labels and try to choose the lowest sugar possible.

Source: CNN Health

<http://www.cnn.com/2011/HEALTH/expert.q.a/04/08/peanut.butter.jelly.jampolis/index.html>

Mac and Cheese

Add spinach to increase nutrients.

Low-fat milk replaces whole milk to cut down on fat and calories.

Use whole-wheat pasta instead of refined white pasta to boost fiber.

Replace some of the regular (full-fat) cheese with low-fat cottage cheese, which has great creamy texture.

Full Recipe: http://www.eatingwell.com/recipes/baked_mac_cheese.html

Source: Eating Well http://www.eatingwell.com/healthy_cooking/quick_healthy_cooking/mac_cheese_made_healthy





Chicken Nuggets

Servings: 4 • Serving Size: 1/4th of nuggets • Old Points: 4 pts • Points+: 4 pts
Calories: 164.9 • Fat: 4.6 g • Protein: 22.1 g • Carb: 7.7 g • Fiber: 0.9 g • Sugar: 0.1 g

16 oz (2 large) skinless boneless chicken breasts, cut into even bit sized pieces
salt and pepper to taste
2 tsp olive oil
6 tbsp whole wheat Italian seasoned breadcrumbs
2 tbsp panko
2 tbsp grated parmesan cheese
olive oil spray

Preheat oven to 425°. Spray a baking sheet with olive oil spray.

Put the olive oil in one bowl and the breadcrumbs, panko and parmesan cheese in another.

Season chicken with salt and pepper, then put in the bowl with the olive oil and mix well so the olive oil evenly coats all of the chicken.

Put a few chunks of chicken at a time into the breadcrumb mixture to coat, then on the baking sheet. Lightly spray the top with olive oil spray then bake 8 - 10 minutes.
Turn over then cook another 4 - 5 minutes or until cooked though.

Source: Gina's Weight Watchers Recipes
<http://www.skinnytaste.com/2011/04/healthy-baked-chicken-nuggets.html>

Hamburgers

Choose **whole wheat hamburger buns** instead of the usual type made with white flour. Split and lightly toast the buns before filling with the burger and toppings.

Use **ground chicken or turkey** instead of ground beef and add finely grated vegetables to the mixture.

Source: <http://www.singlemomp parentinghelp.com/healthy-hamburgers-for-dinner/>

