

SENIOR NUTRITION NOTES

Washtenaw County OCED
415 W. Michigan Ave., Ypsilanti, MI 48197
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Upping your Fruits and Vegetables

The U.S Department of Agriculture recommends that starchy foods occupy only a quarter of your plate, but many meals are carb-heavy. Carbohydrate-rich foods have a place in a nutritionally balanced meal, but it's also important to balance them with high-fiber, low-calorie vegetables. Packed with nutrition and low in calories, vegetables are vital to good health and also enliven your meals.

Start with Salad

Restaurants often serve bread before a meal, but starting with a green salad is a more nutritionally sound choice. Enjoying a salad before your meal boosts your fiber intake and helps you feel more satisfied with your meal

Substitute Similar Textures

One challenge you might face in swapping carb-heavy sides such as pasta and mashed potatoes is the difference in texture. If you crave mashed potatoes, substitute mashed, steamed

cauliflower;
Spaghetti squash resembles the pasta for which it's named and can be used in similar dishes. Dehydrated vegetable chips



*If you have any concerns about your health and nutritional needs consult a health care professional.

have a crunch that mimics potato chips or crackers. Lettuce leaves make excellent wraps for sandwiches.

Make Small Changes

A raw or steamed vegetable with a light vinaigrette enhances any meal's nutritional profile, but if you're used to high-carb comfort food, a one-for-one swap might feel a bit jarring. However, small changes still count toward your overall health and can start you on the road to more nutritious low-carb meals. If you aren't quite ready to embrace a potato-free plate, change the proportions and enjoy extra kale to offset your smaller serving of potatoes. Switching to a low-fat cheese sauce on your broccoli could be an intermediate step between a creamy, floury au gratin and a leaner steamed or roasted vegetable dish.

Feed your sweet tooth with fruit

A slice of watermelon, a peach, a bowl of blueberries—they're the perfect ending to a meal, and are so much healthier than cookies or cake. Or substitute frozen fruit bars for ice cream. Buy pure-fruit versions that don't add extra corn syrup or sugar.



Adapted from "How to replace starchy carbs with vegetables"
<http://healthyeating.sfgate.com/replace-starchy-carbs-vegetables-8332.html>