

EAT SMART MONTH

Change a little. Change a lot.



EAT SMART | AT HOME

Healthy habits start at home. When you prepare and cook meals at home:

- 1) you're in control of what you and your family are eating,
- 2) you can get inventive and inspired with your culinary creations, and
- 3) you save money.

Pretty much a no-brainer. So let's bring cooking back to life!

You don't have to be an experienced cook to prepare healthy meals at home. Here are some tips to get you started.

- + Get inspired by healthy cookbooks, cooking shows and blogs, and try new recipes that will "wow" your family. Check out [heart.org/recipes](https://www.heart.org/recipes) for hundreds of delicious, simple, affordable and quick dishes.
- + Choose healthier meats and proteins, like fish, chicken, and beans. If you eat red meat, choose lean and extra-lean cuts and trim off as much fat as you can before cooking.
- + Add color to your meals with fruits and vegetables. Sneak 'em in if you have to. And they all count! Fresh, frozen, canned and dried are all good choices, just watch out for excess salt and added sugars.
- + Make healthy substitutions when you can. Take baby steps over time to replace less-healthy ingredients in your family favorites.
- + Break up with sneaky salt and learn new ways to give food great flavor, including herbs, spices and other seasonings.
- + Upgrade your fats. Use healthy vegetable oils instead of butter, lard and tropical oils.
- + Stock up. For hassle-free healthy meals in a hurry, be prepared with a well-stocked kitchen. This means always having some basic ingredients in your cabinets, pantry, fridge and freezer. It can save time and worry on those busy days when you don't have a chance to get to the grocery store.
- + Learn new cooking methods and techniques. Brush up your skills with videos online or take a cooking class with friends. Instead of frying, learn how to infuse flavor into foods cooked in healthier ways, like baking, grilling, roasting and steaming.



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MUSHROOM RAVIOLI WITH AVOCADO PESTO

6 servings

INGREDIENTS

Ravioli:

- 1 package of wonton wrappers
- 2 pounds cremini mushrooms, sliced
- 2 garlic cloves, roughly chopped
- 1 small onion, coarsely chopped
- ½ cup whole wheat bread crumbs
- ½ tablespoon olive oil
- 2 eggs
- ¼ teaspoon salt

Pesto:

- 2 cloves garlic, roughly chopped
- 1 cup basil
- 1 avocado
- 1½ cup water
- 1 lemon, juice squeezed
- ¼ cup pine nuts, unsalted
- ¼ teaspoon salt
- 1 teaspoon ground black pepper
- 2 tablespoons grated parmesan, reduced fat
- Garnish: 1 cup cherry tomatoes, halved

DIRECTIONS

- 1) In a food processor or blender, pulse just 2 cups of the mushrooms with the onion, garlic, and salt until the mixture resembles rice. Be sure to fill the processor only halfway with the ingredients. Transfer the processed mushroom mixture to a large bowl. Process the remaining mushrooms in multiple batches and transfer to the bowl. Stir the mushroom mixture to combine.
- 2) In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the mushroom mixture for 7 to 10 minutes so the mushrooms release their liquid and most of that liquid evaporates, stirring frequently. Stir in the bread crumbs. Remove from the heat. Let cool for at least 1 hour.
- 3) Place the wonton wrappers on a clean work surface. Working with 6 at a time, lightly brush each wrapper with the egg. Place 1 tablespoon of the mushroom mixture in the center of each wrapper. Top each ravioli with another wrapper, lining up the edges. Working in a circle, firmly press the edges together. Lightly press on the center to spread the filling to approximately ¼ inch from the edge of the ravioli.
- 4) In a food processor or blender, process the pesto ingredients until smooth. Set aside.
- 5) In a large stockpot, bring 3 quarts water to a rolling boil over high heat. Cook the ravioli for 4 to 5 minutes, or until tender.
- 6) Drain the ravioli well in a colander. Transfer to plates. Spoon the pesto over the ravioli. Garnish with the tomatoes. Serve immediately.



NUTRITION FACTS

Calories: 376.7	Cholesterol: 68.3mg
Total Fat: 12.7g	Sodium: 363.5mg
Sat Fat: 2.4g	Total Carbohydrate: 53.2g
Trans Fat: 0g	Dietary Fiber: 6.8g
Poly Fat: 3g	Sugars: 6.8g
Mono Fat: 6g	Protein: 17g
Dietary Exchanges: 3 starch, 2 vegetable, ½ lean meat, 2 fat	

National Recipe Host
fresh avocados
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ONE TODAY
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EAT SMART | WHEN YOU EAT OUT

While it's true that meals prepared at home tend to be healthier, sometimes you just need an evening out. You can find good options away from home if you know what to look for.

- + **SEARCH IT.** This is the information age. Look up the menu and decide what you want before you go. Lots of restaurants and fast food chains now have nutrition information on their websites.
- + **LOOK FOR CLUES.** The menu may have “healthy” designations or symbols, or key words in the names of some items (like light, fresh, fit, vegetarian, skinny, etc.) which indicate they could be a better choice.
- + **USE YOUR WORDS.** Sure, nobody wants to be “that guy,” but it's OK to ask your server or the chef about ingredients, preparation methods, or substitutions.
- + **JUST SAY NO.** Resist the upsell and freebies. Yeah, we know the cocktails and appetizers can be tempting, but just remember they can add fat, sodium, sugar and calories — not to mention expense — that you don't need. And while you're at it, you don't have to accept the “complimentary” bread and butter or chips and salsa!
- + **COLOR YOUR PLATE.** The kiddie crayons on the table aren't the only way to add color to your meal! Look for colorful fruits and vegetables you can add as sides or substitutes for other ingredients in your dish.
- + **HAVE IT YOUR WAY.** What do you do if you just can't find a healthy option? Be bold, and see what's possible! Combine side veggies or items from different dishes. Ask if they can prepare your food to order. This may not work in the drive-thru window, but most chefs at sit-down restaurants want to be able to satisfy their diners, so it's worth a shot!
- + **CHECK YOUR OIL.** Ask about butter, solid fats and cooking oils used in the kitchen, and request that healthier nontropical vegetable oils be used instead. Swap the bad fats for healthy ones your body actually needs!
- + **KEEP IT ON THE SIDE.** Request that butter, cheese, toppings, salad dressings, sauces and gravies be served on the side so *you* control how much you use. Look who's in the driver's seat now!
- + **YOU CAN HALF IT ALL.** If the portions are large, share an entrée or set aside half to take home before you start eating. Split “indulgences” like appetizers, fries and desserts. Don't supersize it, rightsize it.



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EAT SMART | AT WORK AND SCHOOL

Do you eat at work or school? You're not alone. Food is everywhere these days, which means it's easy to rely on the cafeteria or vending machine when you get hungry. But you don't have to give up your healthy eating plan when you need a meal or snack away from home.

With a little planning, you can make sure you have healthy snacks on hand. Here are some ideas for easy, portable snacks you can bring from home:

- + Whole fruits (apples, oranges, pears, bananas)
- + Veggie sticks (carrot, celery, bell pepper, zucchini)
- + Roasted chickpeas
- + Whole-grain crackers with hummus
- + Dried or canned fruit
- + Popcorn
- + Low-fat or fat-free yogurt
- + Hard boiled egg
- + Nuts and seeds



When you do have to forage for food in the cafeteria or vending machine, keep these tips in mind:

- + Choose fiber-rich whole grains when possible.
- + Look for items that contain fruits and vegetables, beans and legumes, and lean protein.
- + Avoid deep-fried items and choose baked, grilled or roasted instead.
- + Choose sparkling water, unsweetened tea, or coffee instead of soda.
- + Keep condiments and dressings on the side.
- + If nutrition information is available, compare options and choose the ones with the lowest amounts of sodium, saturated and trans fats, and added sugars.
- + Be aware of calories per serving, serving size, and servings per package. Packaged foods often contain more than one serving, and a serving of food is often more than you need. When this is the case, eat half and save the rest for later.

Healthy eating is all about small, everyday choices. Research shows that once you start incorporating healthier foods into your daily diet, you'll develop a preference for those foods over time. And when you start eating more fiber in the form of fruits, vegetables, whole grains, beans and legumes, you may find that you fill up and stay hunger-free longer.

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SHOP SMART TO EAT SMART

Want to make smart food choices but feeling overwhelmed by all the options in the grocery store? These tips can help you cut through the clutter.

- + **THINK AHEAD.** Plan menus and make a shopping list in advance. This can help keep you from making impulse food choices, which often aren't healthy.
- + **READING IS FUNDAMENTAL.** Read food labels, even for "healthier" foods. Ingredients and nutrient content can vary a lot by brand and preparation. When there's more than one choice, compare labels. Choose the item with the lowest amounts of sodium, saturated fat, trans fat and added sugars.
- + **ADD COLOR.** Fill your cart with fruits and veggies. Try to represent all the colors of the rainbow! Buy fresh fruits and vegetables in season, when they may cost less. Choose frozen, canned or dried produce when fresh isn't available or practical. It can be just as nutritious as fresh, and will last longer. With canned and frozen options, choose products with the lowest amounts of sodium and added sugars. Heavy syrups and sauces can add unwanted ingredients to your healthy fruits and veggies.
- + **BUY LOCAL.** Check out your local farmer's market. The produce may be fresher because it wasn't picked before ripening to travel on a truck long-distance to get to you. You'll know where your food is coming from and help your local economy. You can save money by buying in bulk and splitting the cost with friends or family.
- + **GO WHOLE-GRAIN.** Lots of products claim to be whole-grain, but there's a simple way to know for sure. Look for the word "whole" in the first item in the ingredients list. And we're talking more than just bread. Include crackers, cereals, tortillas, pasta and other grain foods in your whole-grain quest.
- + **CHECK IT OUT.** Look for the Heart-Check mark to quickly and easily identify foods that can be part of an overall healthy eating plan. When it's on the label, you know the product has been certified by the American Heart Association to meet specific science-based nutrition requirements. The Heart-Check is easy to spot and takes some of the guesswork out of comparing Nutrition Facts label information.



Healthy For Good™