

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Healthy Ingredient Substitutions: Increase Fiber

GRAINS/PASTAS/BREADS

- Sub whole-wheat flour for 1/2 of the all-purpose flour.
- Use whole wheat or whole grain pastas, brown rice, wild rice, quinoa.

BEANS / LENTILS

- Include beans in place of other proteins. Use 1/2 lb of ground meat with 1 can black beans. Look for low sodium canned options.

FRUITS / VEGETABLES

- Try substituting vegetables for half of the ground beef in a casserole.
- Add fruits and vegetables to recipes (Ex: Add grated carrots to spaghetti sauce).
- Leave fruit and vegetable peels in tact (Ex: use apple peel in baked recipes. Include skin of zucchini in bread).

Sources: <https://extension.umaine.edu/publications/4167e/> ; <https://www.mayoclinic.org/>

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