



Fast food and healthy snacks

Fast food can be high in calories from fat and sugar. It can also be high in salt (sodium) and low in some nutrients and fiber. Check out these healthy fast-food tips:

Grains

- Choose whole grains whenever possible.
- Skip high-fat croissants, sweet rolls and biscuits. Instead, have a bagel.
- Check the fat in muffins — some are high in fat.
- Ask for whole-wheat crust for your pizza.

Vegetables, fruits and salad

- Add lettuce and tomato to your sandwich.
- Have a side salad or carrot sticks with your meal instead of french fries.
- Order low-fat or fat-free salad dressing.
- Have fresh fruit or a fruit cup for dessert instead of a fried pie.
- Limit high-fat coleslaw, potato salad and pasta salad.
- Pile extra veggies on pizza.

Milk and other beverages

- Drink low-fat milk, water or 100 percent fruit juice instead of tea or soft drinks.
- Add low-fat cheese to your sandwich or pizza.
- Have a carton of low-fat yogurt with your meal.
- Order milk shakes made with low-fat milk and low-fat ice cream or frozen yogurt.

Skip supersize portions or share with a friend!

Condiments

- Skip high-fat mayonnaise and sauces on sandwiches. Instead, opt for ketchup, mustard or reduced-fat mayo.

Meat & beans

- Skip fried items and ask for baked or broiled meat, fish and chicken.
- Try a bean burrito.
- Order lean ground beef.
- Remove skin from chicken.
- Go for lean toppings like Canadian bacon and ham for pizza. Skip high-fat, high-sodium meats like pepperoni and sausage.

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Take time for breakfast

Don't have time for breakfast? Try these one-minute ideas:

- Whole-grain cereal topped with low-fat yogurt and fruit
- Peanut butter on whole-wheat toast and low-fat milk
- Whole-grain waffle or whole-wheat English muffin topped with low-fat cottage cheese and fruit
- Instant oatmeal topped with raisins and grated low-fat cheese
- My ideas:

Don't like traditional breakfast foods? Here are some different ideas:

- Pizza and a glass of low-fat milk
- Whole-wheat tortillas with melted low-fat cheese
- Last night's leftovers
- Whole-wheat bagel topped with bean dip
- Brown rice with raisins and low-fat milk
- Lean meat, veggies and low-fat cheese on whole-grain bread
- My ideas:

Not hungry in the morning? Try these easy-to-carry ideas:

- Hard-cooked eggs and a juice box
- Fresh fruit and a whole-grain muffin
- Low-fat string cheese or cheese chunks with fruit
- Whole-grain crackers and peanut butter
- Carton of low-fat yogurt and peanut butter toast
- My ideas:



This is my reason for not eating breakfast:

Here is a breakfast I will try:

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For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.
Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp.

Snack ideas from MyPyramid



- Grain Group**
 Whole-grain crackers
 Whole-grain muffins or rolls
 Whole-grain rice cakes
 Whole-grain tortillas
 Whole-grain breads
 Plain popcorn
 Whole-grain cereal

- Vegetable Group**
 Carrot sticks
 Broccoli pieces
 Vegetable soup
 Zucchini slices
 Cherry tomatoes
 Green pepper rings
 Spinach salad

- Fruit Group**
 Berries
 Apple wedges
 Dried fruit
 Grapes or cherries
 Melon wedges
 Orange sections
 Banana

- Meat & Beans Group**
 Tuna, chicken or ham salad
 Hard-cooked eggs
 Lean meat slices*
 Peanut butter
 Bean dip
 Nuts or seeds
 * Heat luncheon meat and hot dogs until steaming hot. This kills L. monocytogenes, a bacteria that can harm your baby.

- Milk Group**
 Low-fat cheese
 Low-fat milk or yogurt
 Low-fat frozen yogurt
 Pudding made with skim or low-fat milk
 Low-fat string cheese

Pick a snack from at least two food groups.

10 snacks I would like to try:

1. _____
2. _____
3. _____
4. _____
5. _____

6. _____
7. _____
8. _____
9. _____
10. _____

PANIC ...

Ingredient substitutions

Measurement equivalents

Ingredient	Substitution
1 tablespoon cornstarch (for thickening)	2 tablespoons flour
1 teaspoon baking powder	$\frac{1}{4}$ teaspoon baking soda + $\frac{5}{8}$ teaspoon cream of tartar
1 cup self-rising flour	1 cup all-purpose flour + $1\frac{1}{2}$ teaspoons salt + $\frac{1}{8}$ teaspoon baking powder
1 cup sour cream	1 cup plain nonfat yogurt
1 cup honey (in baking)	$1\frac{1}{4}$ cups white sugar + $\frac{1}{4}$ cup liquid
1 cup white sugar	1 cup brown sugar
1 cup skim milk	$\frac{1}{3}$ cup nonfat dry milk powder + $\frac{3}{4}$ cup water
1 cup milk	$\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water, or $\frac{1}{3}$ cup nonfat dry milk powder + $\frac{3}{4}$ cup water
1 cup sweetened, condensed milk	$\frac{1}{3}$ cup evaporated milk + $\frac{3}{4}$ cup sugar + 2 tablespoons butter. Heat until butter melts and sugar dissolves.
1 cup cake flour	$\frac{7}{8}$ cup all-purpose flour
1 egg	2 egg whites
1 square unsweetened chocolate (1 ounce)	3 tablespoons unsweetened cocoa + 1 tablespoon butter
1 stick butter	1 stick margarine
1 clove garlic	$\frac{1}{8}$ teaspoon garlic powder
1 cup ketchup	1 cup tomato sauce + $\frac{1}{2}$ cup sugar + 2 tablespoons vinegar
1 tablespoon prepared mustard	1 teaspoon dry mustard
Juice from 1 lemon	2 tablespoons bottled lemon juice
1 cup miniature marshmallows	10 large marshmallows

Measurement	Equivalent
$\frac{1}{8}$ teaspoon	Dash or pinch
1 cup	$\frac{1}{2}$ pint
$\frac{1}{3}$ cup	5 tablespoons + 1 teaspoon
1 stick butter	8 tablespoons butter
$\frac{1}{2}$ stick margarine	4 tablespoons margarine
1 gallon	4 quarts
4 cups	1 quart
1 pint	2 cups
$\frac{3}{4}$ cup	12 tablespoons
$\frac{1}{4}$ cup	4 tablespoons
3 teaspoons	1 tablespoon
1 quart	2 pints
16 tablespoons	1 cup
$\frac{1}{2}$ cup	8 tablespoons
16 fluid ounces	2 cups
$\frac{1}{2}$ cup	4 fluid ounces
1 cup	8 fluid ounces