

# HEART SMART

*Nutrition*



Cooking Healthy: Use these substitutions and save hundreds of calories!

### Affordable Health:

Nutritious food is affordable, get the most for your dollar with these must have, versatile foods for your home.

#### **Brown Rice:**

A large 210z bag with cost you about \$7. Serving size 1/3 cup with 140cal.  
\$0.44 per serving



#### **Quinoa:**



A large 260z box will cost you about \$8. Serving size 1/4 cup with 170 cal.  
\$0.50 per serving

#### **Ground Turkey NOT Ground Beef**



Lean ground turkey has 120cal per serving while ground beef has 245cal per serving. Make the switch and save 125cal

#### **Mustard NOT Mayo**



Skip the mayo-it has 90 cal per oz. Mustard has only 19 cal and twice the nutritional value.

#### **Ricotta Cheese NOT Cream Cheese**

Ricotta Cheese has 60cal per serving while regular cream cheese is around 150cal



#### **Turkey Bacon NOT Bacon**

3 slices of turkey bacon is just 60 cal vs 120 for 3 slices of regular bacon and a fraction of the fat



#### **Apple Sauce NOT Oil:**

Like to bake? 1 cup of veg oil has 1930cal but 1 cup of apple sauce is just 105cal



#### **Fruit NOT Crackers**

Need a snack..these little berries can help prevent both cancer and heart disease.

#### **Steel Cut Oatmeal:**

A 16oz box will cost you about \$6.50. Serving size 1/4cup and 150cal. That's \$0.60 per serving. Try have breakfast out for that price!



#### **Lentils:**



A 16oz box will cost you about \$2.50. Serving size 1/4cup with 170cal. That's \$0.25 per serving