

SAMPLE MEALS & SNACKS

BREAKFAST

Breads, English Muffins, Bagels and Crackers

Brush toasted English muffin or toast with margarine. You'll use less and it's just as good.

Top an English muffin with strawberry jam. Serve with a glass of skim milk and a tangerine.

Fill up a pocket bread with 2% cottage cheese, applesauce and sprinkle of cinnamon.

Go continental- serve French bread with kiwi and banana slices and a cup of café au lait, made with skim milk.

No need to go to Denver for this omelet: scramble egg whites or Egg Beaters and add onions, green pepper, and mushrooms or leftover vegetables. Toast and a glass of orange juice make this a well-rounded breakfast.

Go for the grahams- spread 2 graham crackers with 2 teaspoons peanut butter.

Got some part-skim ricotta cheese that's tired of waiting around for your next pan of lasagna?

Spread it on toast, sprinkle with cinnamon and you won't even miss cheese Danish.

Melt 1 ounce part-skim mozzarella cheese on a rice cake and top with a tomato slice.

Mix 1 teaspoon of peanut butter with 1 teaspoon honey and spread on toast. Serve with frozen berries.

Nachos for breakfast- melt 1 ounce of low-fat cheese on a slice of Melba toast; dip in your favorite salsa.

Melt 1 ounce part-skim mozzarella cheese over an onion bagel. Serve with tangerine sections- or your favorite fresh fruit.

Pizza for breakfast? Top an English muffin or bagel half with tomato sauce, vegetables and a slice of part-skim mozzarella. Broil until cheese melts.

Slather a teaspoon of peanut butter on a toasted raisin bagel and top with banana slices.

Spice up morning with a Spanish omelet of 2 beaten egg whites or Egg Beaters stuffed into pita bread and topped with salsa.

Spread a layer of "light" cream cheese on mini pumpernickel slices and top with kiwi fruit.

Toast an English muffin then brush with margarine and sprinkle with 1 teaspoon Parmesan cheese.

Serve with compote of melon chunks.

Top a bagel with 1 slice of low-fat cheese then add color and zest with kiwi slices.

Top a garlic bagel with sliced tomato, sliced onion and 1 ounce low-fat cheese then broil till the cheese is just right. Try a glass of tomato juice with this one.

Treat yourself to a slice of homemade French toast cooked in a pan with non-stick spray. Top with blueberries and serve with a glass of 1& milk.

Try part-skim ricotta cheese and cinnamon on a bagel. Serve with a pear.

Try this creamy low-fat spread on toast, bagel, or an English muffin: mix 1/3 cup low-fat cottage cheese with 1 teaspoon of sugar and a sprinkle of cinnamon.

Use that food processor! Blend a frozen banana, 1 8-ounce carton low-fat strawberry yogurt, and 1 cup orange or apple juice together for a frosty treat.

Cereals

Go back to basics: try a bowl of old-fashioned shredded wheat with skim milk. Have ½ grapefruit, an orange, or a glass of your favorite juice along with it.

Brighten up the bran in your life: top bran cereal with orange segments or dried apricots and skim milk.

Can't face breakfast? Snack on dates rolled in crispy brushed cereal.

Enjoy any cereal topped with low-fat yogurt and sliced fresh or canned fruit.

Try watermelon chunks and skim milk. Get that oatmeal out of the cupboard- serve it with brown sugar, chopped dates and low-fat yogurt.

Mix your favorite cereals together for a new taste. Top with cut up fruit and 1% milk.

Top hot cereal with dried apples, fresh or frozen berries, and skim milk.

Top instant hot cereal with 1 teaspoon brown sugar, 2 Tbsp raisins and a lacing of 1% milk.

Top spoon sized shredded wheat with low-fat strawberry yogurt.

Top a sourdough English. Muffin with a teaspoon of strawberry jam great for morning or bedtime snacks.

For an unexpected treat, snack on 8 frosted mini-wheat biscuits and sip on a cup of coffee.

Toast up an English muffin and sprinkle with 1 teaspoon of parmesan cheese and a whisper of your favorite Italian herbs.

Top a toasted mini-waffle with fresh or canned fruit for a lively treat.

Munch on a whole grain bread stick or try dipping hard bread sticks in your favorite taco sauce or salsa.

Try an English muffin pizza. Spread ½ English muffin with 1 Tbsp spaghetti sauce; top with a 1-ounce slice of part-skim mozzarella cheese. Pop it under the broiler till the cheese melts.

Top 2 Melba crackers with a 1-ounce slice of part-skim mozzarella cheese and chopped pepperoncini pepper.

Bring back the flavor of summer camp- pop open a can of cream soda and serve with cinnamon graham crackers.

Keep frozen pretzels on hand. Pop in the toaster oven for a quick snack.

Cool & Creamy Treats

Put a little sparkle in your life: mix 6-ounces club soda with 2-ounces cranberry juice; pour into an icy tumbler and top with a lemon slice.

Ready to scream for some ice cream? Mellow out with ice milk, instead. Spoon canned crushed pineapple, ½ cup vanilla ice milk for a summer sundae. You can throw the pineapple and the ice milk into the blender and whip up a malt or a shake, too.

Make your own yogurt sundae by topping a ½ cup of low-fat vanilla yogurt with crushed cereal.

Really hungry? Treat yourself to a banana and an 8-ounce glass of chocolate skim milk.

Treat yourself to a school of chocolate chip ice milk- you deserve it.

Blend up a smoothie: put 1 banana, 1 8-ounce carton low-fat strawberry yogurt, 1 cup orange or apple juice into the blender: blend till smooth and pour over ice.

Heads up chocolate lovers: Make a chocolate syrup over a scoop of vanilla ice milk and top with banana slices.

For a true soda fountain treat, make a low-fat shake by blending ½ cup of your favorite ice milk, 1 teaspoon chocolate syrup and 1 cup club soda.

Try a cup of skim milk and 1 fig-filled cookie for a perfect TV-time snack.

Mix low-fat cottage cheese with sliced cherry tomatoes and a chopped black olive for a snacking salad.

Serve a soda fountain favorite- use 1 can of root beer and ½ cup vanilla ice milk for a delectable root beer float.

Want something smooth and tangy? Mix a ½ cup of buttermilk and ½ cup of orange juice together. Serve in a frosted tumbler.

Flavor plain non-fat or low-fat yogurt by mixing in a ½ teaspoon of dry gelatin.

Make sure you've got ice milk in your home freezer. A tasty, quick snack is always on hand.

Wash and pit a fresh peach then fill the center with low-fat vanilla yogurt.

Dip fresh strawberries into low-fat vanilla yogurt for a tasty treat.

Top your favorite sorbet or sherbet with chopped fresh fruit or berries.

Top cantaloupe cubes with low-fat vanilla yogurt for a summery cooler.

Entrée: Remember, you can keep the fat down by keeping the serving size small- so order light meals and petite sizes when they are offered.
Insist on sauces, gravies and dressing “on the side”.
Ask your server to suggest the best broiled, baked, steamed or grilled choice- then order it.
Pizza: Try pizza the Italian way- skip the sausage and go for cheese or vegetable toppings.
Keep your meal lower in fat by sticking to 1 or 2 slices.
Breads: Dress up your meal with break sticks, hard rolls, a baguette, saltines, or melba toast.
Ask for margarine and use a light touch.
Desserts: Soft-serve ice milk, frozen low-fat yogurt or sherbet in a half-cup serving, all make a fine low-fat dessert.
Try a continental dessert- linger over fresh fruit and dark, rich coffee.
If your sweet tooth is acting up- ask for angel food cake with fresh fruit topping.
Beverages: Drink skim or low-fat milk- use them to lighten your coffee, too.

SNACKS

Veg Out Ideas
Pour a tumbler full of spicy tomato juice on the rocks, add a carrot swizzle sticks and polish it off at the end of the day.
Pop an ear of corn sprinkled with herbs into the microwave. Give it a few minutes to cook; brush a teaspoon of margarine on while it’s still hot- and enjoy!
Have a movable feast. Slice up zucchini strips, pack up your favorite low-fat dressing for a dip, and take them all to the office for a brown bag snack.
Dip sweet red pepper slices in low-fat dressing or low-fat yogurt for a cool, satisfying snack or hors d’oeuvres.
Dip big, fresh mushroom caps in low-fat salad dressing for a restaurant-style treat.
Stuff fresh mushroom caps with a mixture of cottage cheese, chives and dill. Keep this for yourself- or share with hungry guests.
Base your next snack on cucumber rounds. Just spread cucumber circles with a mixture of 2-ounce of feta or farmer cheese and sprinkle with paprika.
Broil up your own potato skin snacks: sprinkle potato skins with non-fat butter-flavored granules, garlic power and black pepper. Pop under a broiler until lightly browned.
Spread up to 2 teaspoons of peanut butter on carrot slices and top with raisins.
Stuff fresh Chinese pea pods with farmer cheese for a cooling snack.
Add something new to the hors d’oeuvre table: marinate cooked Brussel sprouts in low calorie Italian dressing.
Snack on a marinated bean salad: drain canned garbanzos, kidney beans and green beans: toss together with a marinade of low-calorie Italian dressing.
Put together a nourishing snack plate that includes a cup of chicken or beef bouillon and assorted vegetable sticks.
Too busy to peel, cut and slice the vegetables we’ve listed? Your grocer probably sells them cleaned, cut and ready to eat. Keep a carton on hand for snack attacks.
Microwave a baking potato (punch a couple of holes in it with a fork first). Add a dollop of low-fat plain yogurt, chives and some chopped onions to make a filling, low-fat snack.
Fresh Fruits Snacks
Cool down after a hot day with a plate full of apple wedges and a tall, frosty glass of lemon-flavored mineral water.
On the lighter side- frost up that tumbler, fill it with ice, some sparkling water and a wedge of lemon. Take your tumbler and a bunch of grapes out to the patio and watch the world go by.
Trying to make your snacks last longer? Slice up some fresh strawberries and mix with fresh grapes. Serve in a cup (or a stemmed wine glass if you’ve one handy). Eat this one with a spoon. Slowly.

Spread up to 2 teaspoons of “light” cream cheese on mini-pumpernickel bread slices or a bagel for a Saturday afternoon pick-me-up.
Fruits
Stir lemon rind and raisins into low-fat vanilla yogurt. A bowl of this, a slice of toast and you’re off to a good start.
Blend 1 cup cottage cheese with 2 Tbsp of orange juice, top with cantaloupe cubes. Serve with sesame seed bagel.
Dip pineapple or strawberry chunks in low-fat vanilla yogurt for a fresh sensation. Serve with your favorite toast.
Find those wooden skewers and string of fresh grapes, strawberries- you name it! Serve with a 1 slice of part-skim mozzarella and pumpernickel toast.
Freshen up the morning with a fruit cup served with 1-ounce of farmer’s cheese on low-fat crackers.
Fruit fondue just for you- dip a frozen banana in low-fat strawberry or coffee flavored yogurt.
If your favorite after school snack was a banana, a glass of chocolate skim milk, and graham crackers- try it for breakfast. It’s just as good- and every bit as soothing.
Serve melon balls with a slice of low-fat cheese and a toasted English muffin brushed with margarine.
Skip the orange juice. Instead, serve an orange along with a poppy seed bagel and a cup of low-fat vanilla yogurt.
Slice a nectarine into a cup of low-fat vanilla yogurt; try rice cakes instead of toast.
Sprinkle a half grapefruit with brown sugar. Broil for 1 minute or 2 and serve with a slice of toast brushed margarine.
Stir things up this morning: mix chopped dried fruits like apples or dried apricots into pancake batter. Fry with non-stick spray and serve with a topping of low-fat vanilla yogurt.
Top canned plums with a dollop of vanilla yogurt and a sprinkling of crispy bran cereal for a tasty treat.
Try an easy apple cobbler- mix fresh apple slices and raisins with brown sugar then microwave till the sugar melts and the fruit steams. Pour on the skim milk and enjoy!
Waffles and Pancakes
Don’t yearn for blintzes; make your own. Top low-fat toaster waffles with fresh or frozen berries and spoonful of low-fat cottage cheese.
Make American crepes- serve 2 pancakes with sliced fresh or frozen berries and a dollop of low-fat yogurt.
Top pancakes with fresh berries and spoonful of low-fat yogurt.
Roll-up your breakfast by wrapping a crepe (or Swedish pancake) spread with a thin layer of cottage cheese and some cranberry sauce of fruit preserves.
Top a waffle with applesauce and serve with a cup of low-fat cocoa.
Beverages
Green the sunrise with a low-fat hot chocolate- stir up 2 teaspoons cocoa powder, 2 cup steaming hot skim milk and 2 teaspoons sugar. Don’t dirty a pan- use the microwave.
Keep low-fat hot cocoa mix available- 4 cups dry milk powder, ¾ cup cocoa powder and 1 cup powdered sugar. Use 1/3 of mix with 1 cup of water.
Lighten your coffee or tea with skim or 1% milk- skip the fat hidden in cream and non-dairy creamers.

BROWN BAG LUNCHES

Breads and Bases			
English muffins	Sourdough bread	Pita bread	Wheat bread
Bagels	Whole wheat bread	Corn tortillas	Pumpernickel bread
White bread	Oatmeal bread	Rye bread	Bran bread
French bread			

Sandwich Vegetables

Chinese pea pods	Kale	Asparagus spears	Watercress
Green beans	Slice cucumber	Sliced beets	Sliced mushroom
Chop broccoli	Chop/sliced onion	Sliced carrot	Sliced radishes
Chop cabbage	Sliced green/red pepper	Lettuce, any kind	Spinach
Collard greens	Tomato		

Spreads

Margarine (up to 1 teaspoon)	Blended cottage cheese/low-fat
Yogurt with a “Light” mayo	Mustards “all varieties” (up to 1 Tbsp)
Dash of hot sauce or your favorite herbs/spices	

Fillings: Expand your horizons – choose two

A 1 ounce slice of		
Turkey	Chicken	Lean ham/turkey ham
Lean beef	Lean pork	Park-skim
Low-fat cheese mozzarella		

A 1 ounce slice of low-fat luncheon meat
Up to 2 teaspoons of peanut butter, chicken, turkey, ham, or tuna salad made with light touch of mayonnaise or salad dressing.
Add a can of drained mandarin oranges to chicken salad.
Add fresh grapes to tuna salad for a new flavor.
Try fresh or canned pineapple chunks in your chicken salad

Jelly or jam

If sandwiches aren’t for you, heat and eat a low-fat microwave entrée.

Fill out your Lunch With: Crunchies

Try a crunchy cereal instead of chips.
Bring along toasted bagels, pita bread or corn tortillas.
Nibble a few pretzels for a crisp, low-fat snack.

Veggies and Fruits- a la’ carte

Pack fresh pea pods and green beans.
Pack a mix of fresh asparagus tips and cauliflower.
Bring finger foods: dip broccoli flowers and green pepper strips in cottage cheese and a dash of hot sauce.
Freshen up your lunches with a packet of carrot and celery sticks.

Crisp and Crunch Vegetables

Spices things up with spicy (or plain) tomato juice at lunch or break time.
Cook up a batch of vegetable soup. Then freeze in single-serving cups and reheat in the microwave.
Add the leftover vegetables from dinner to a cup of low-fat cottage cheese.
Fill a baggie with torn lettuce, spinach, grated carrot and zucchini and bring a packet of low-calorie salad dressing for a salad lunch.
Use plastic sandwich bags to carry everything you need for a portable chef’s salad: mix lettuce, chopped vegetables and grated low fat cheese in one bag; put sliced turkey or beef in another; combine at lunch time- and top with a packet of low-fat dressing.

Fruit Nibblers

Treat yourself to a mix of dried fruits- apples, raisins and apricots. Easy to pack- easy to store- fun to eat!
Add a Granny Smith apple to your lunch- or shine one up for a mid-afternoon treat.
Plan ahead- quarter oranges at home- they’ll be easier to eat.
Go for convenience- bananas don’t even need wrapping. Pop one into your lunch bag or tote.

Pick up & Go Grain Snacks

Break out with a sandwich bag full of your favorite crispy cereal.
Put a package of sesame Melba toast in as a snack.
Want a cracker snack? Layer up to 2 teaspoons of peanut butter on 4-6 crackers.
Snack on a slice of low-fat cheese and 4-6 whole wheat saltines- healthy and good, too.
Make friends, influence people- use the office microwave to pop up some “light” popcorn.

Dairy Delights

Add zing to your morning with a single-serving cup of your favorite low-fat yogurt.
Mix low-fat cottage cheese with chopped canned fruit.
Mix cottage cheese with chopped canned fruit.
Mix cottage cheese with a dash of hot sauce and chopped carrots and broccoli.
Mix cottage cheese with a dash of dill and onion powder and add chopped cauliflower and zucchini.
Freeze a cup of low-fat yogurt with fruit and pop it in your lunch bag. It will thaw just in time for lunch.

Satisfying Sweets

Try crispy cinnamon graham crackers (They’re especially good with honey).
Satisfy your sweet tooth with hard candies- they’re low in fat.

DINING OUT

Appetizers: Appetizers are supposed to take the edge off your appetite- so order your light and ask for sauces on the side.
Make your first course a cup of consommé or vegetable soup- or if you’re really hungry- a seafood cocktail.
Tray a vegetable tray or a fresh fruit platter- and go easy on the dip.
Breakfast: Welcome morning with a low-fat breakfast. Just insist that your toast, English muffin or bagel be delivered before it’s buttered in the kitchen.
Order margarine on the side. Use a light touch with toast or English muffins.
Cereals with skim or 1% milk offer a low-fat breakfast.
Check with your server. Your local restaurant may offer scrambled “eggs” make with egg substitutes.
Lunches: Skip the fries, order a ‘side’ of salad- and ask for the dressing on the side.
Perk up a lettuce salad with salsa for dress,, or ask for low-fat dressings.
If you can’t get low-fat dressings, try dipping your fork in the dressing and stabbing the greens with your fork.
Squeeze lemon juice on a tossed salad- and skip the dressing entirely.
Order vegetables plain or with sauce on the size.

At the Salad Bar: Focus on fresh vegetables and fruits- not just salad greens- and limit the cheese, meats, egg yolks and croutons. Skip the creamy fruit and macaroni salads- they are usually swimming in high-fat whipped cream and/or mayonnaise dressings.
Put your salad dressing in a small relish cup on the side; you’ll use less back at the table.
Sandwiches: Skip the mayonnaise- ask for mustard or ketchup on your sandwiches- and make sure the chef doesn’t butter the bread instead.
Order burgers with lettuce and tomatoes- and without mayonnaise, cheese, and special sauce.
Grilled, baked or broiled and sandwiches are lower in fat- order the, and pass up their deep fried cousins.
Add extra flavor and texture to sandwiches by asking that lettuce, tomatoes, onions, sprouts or green peppers be added.
Substitute fruit or vegetable garnishes for potato chips or French fries.
Stick to small or regular size burgers.
Look for broiled or baked chicken and fish sandwiches.