

Meals on Wheels Foundation
of Northern Illinois

10 Ways to Make your Meals Healthier



September is Hunger Action Month

This month, caring people like you are joining together to fight hunger. Together, we are working to create a future where no one has to make impossible choices, like whether to buy groceries or their prescription medicine. With inflation higher than it has been in 40 years and so many seniors surviving on a fixed income, more and more of your neighbors are having to make these kinds of lose-lose choices. Meals on Wheels Foundation of Northern Illinois provides targeted interventions, such as nutritious home-delivered meals and community café opportunities, to address the hunger and isolation of older adults in our communities!

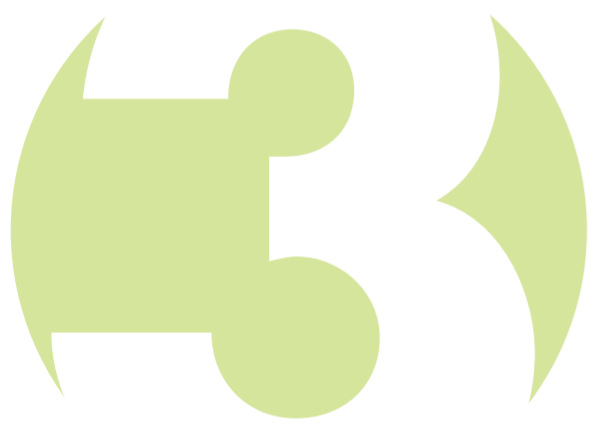
Our registered dietitian on staff crafts daily menus that meet the specific needs of older adults, but here are some simple healthy meal tips that are helpful for any age group.



Start your meal with fruits and vegetables, such as a high-fiber spinach salad with a light poppyseed dressing.



Pick foods that give extra doses of important nutrients, including potassium, calcium, vitamin D, dietary fiber and vitamin B12. Roasted vegetables such as broccoli, Brussel sprouts or green beans are packed with vitamins.



Drink lots of water, even if you don't feel very thirsty. Low- or fat-free milk, including lactose-free options, can help with hydration.



Instead of reaching for a soda pop or alcoholic beverage, grab a flavored seltzer – or better yet use plain seltzer water and add your own fresh fruit.



To manage your sodium intake, consider swapping salt for several herbs, spices, and other ingredients to add a burst of flavor to your favorite dish. Some flavorful options include:

- Garlic
- Lemon
- Ginger
- Ground black pepper
- Onion powder
- Rosemary





When cooking with broths, stocks and soups choose the low-sodium and/or low-fat options.



Consider swapping out carbohydrates such as mashed potatoes for a healthier, vitamin-rich option like mashed cauliflower.



Greek yogurt can be a great substitute for sour cream in dips, salad dressings, and as a topping.



When preparing sweet treats, substitute unsweetened applesauce in place of vegetable oil to lower the fat and calories.



Having a party? Make sure to share the leftovers with all the guests to ensure you're not left with a refrigerator full of tempting foods!



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