

SMALL BITES big BENEFITS

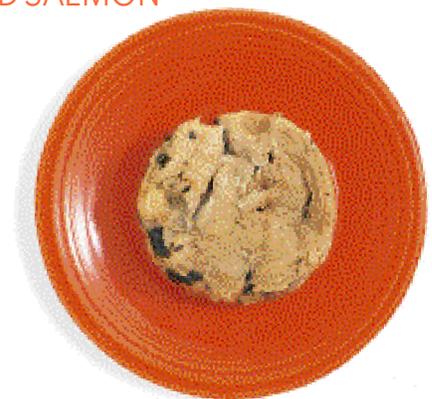
Our Meal Makeover Moms, Janice Newell Bissex and Liz Weiss, share some simple supermarket switches that up the nutrition—and taste—of your family meals.

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FROM CANNED TUNA TO CANNED WILD SALMON



The next time you're thinking of serving tuna salad, open a can of skinless and boneless salmon instead. At less than \$1.50 a can, wild salmon is a nutritional bargain, rich in heart-healthy Omega-3 fatty acids. For example, half a 6-ounce can of Bumble Bee Skinless and Boneless Pink Salmon contains about 1.2 grams of Omega-3, twice as much as half a can of their albacore tuna (the American Heart Association recommends we all eat 1 gram per day).



FROM APPLE JUICE TO BLUEBERRY JUICE



Wild blueberries are one of nature's top sources of antioxidants—natural plant chemicals that fight heart disease and cancer, lower cholesterol, and boost memory. Companies like Wyman's are squeezing the goodness out of wild blueberries into juice bottles and boxes. An 8-ounce glass has the same amount of antioxidants as a half cup of the berries. Be sure to follow the American Academy of Pediatrics guidelines by limiting juice to 4 to 6 ounces a day for 1- to 6-year-olds and 8 to 12 ounces daily for older kids.



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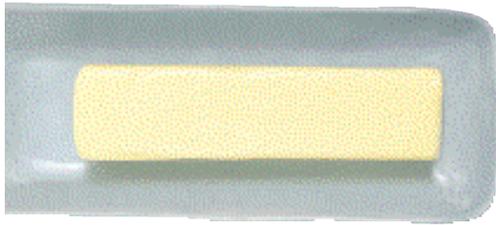


FROM EGGS TO OMEGA-3 EGGS

While eggs have gotten a bad rap for years, the American Heart Association says we can eat an egg a day with no ill effects on cholesterol levels. Eggs are low in saturated fat, high in protein, and contain lutein, an antioxidant that's good for eye health. To reap even more nutritional benefits, choose Omega-3 eggs, which come from hens fed a special diet that includes algae, fish oil, or flaxseed. Each super egg contains from 100 to 200 milligrams of Omega-3 fats, 10 to 20 percent of what's recommended daily.



FROM STICK MARGARINE TO TUB MARGARINE



Stick margarines are made with partially hydrogenated vegetable oils (a.k.a. trans fats)—that's what keeps them solid. The softer tub margarines are made with little to no partially hydrogenated oils, and most contain zero trans fats. A little butter is also an option; just watch the portion size to keep saturated fat in check.



FROM AN APPLE A DAY TO AN ORANGE, AN APPLE, AND SOME CANTALOUPE



Only 4 percent of kids eat the recommended five to seven servings of fruit and vegetables a day. The fallout: Many don't get enough fiber and vitamins, such as immune-boosting A and C. So don't stop at an apple a day! No one fruit provides the wide spectrum of nutrients important for good health. Apples are a pretty good source of fiber, oranges are touted for their vitamin C content, and just 1/2 cup cantaloupe contains more than half the daily requirement of vitamin A.



FROM FROZEN FRENCH FRIES TO FROZEN SWEET POTATO FRIES



French fries are the most popular "vegetable" among the under-five crowd. But when they are fried in fat or made with partially hydrogenated vegetable oils, the benefits are overshadowed. In your supermarket freezer aisle, look for baked sweet potato fries, from companies like Ian's, instead. A serving has over a day's worth of vitamin A, versus virtually none in regular potato fries.





FROM DRIED BEANS TO CANNED BEANS

As dietitians, we give two thumbs up to fiber-rich beans. But the hassle of cleaning, soaking, and cooking dried beans may be a turnoff. Turn to canned pinto, black, red, and kidney beans for sheer convenience. Beans rank among the top antioxidant foods, and their versatility can't be beat. Add black beans to tacos, chickpeas to soup, and red beans to rice.



FROM TV DURING DINNER TO MUSIC

Watching TV during dinner is a conversation buster. When they're on the tube, family members are less likely to interact. Research also shows that when kids watch TV during meals, they consume more pizza, salty snacks, soft drinks, and meat, and fewer fruits and veggies. They also drink twice as much caffeine (usually from soda). Music is less distracting (hold the heavy metal) and can provide a soothing backdrop to the meal.



FROM STEAMED VEGETABLES TO ROASTED VEGETABLES



To kick up the kid appeal of veggies and bring out their natural sweetness, roast them. Roasted veggies also tend to retain more nutrients, since they aren't leached out into the cooking liquid. Try this: Cut cauliflower into medium florets. Slice the white part of a leek into thin rounds. Toss everything in a baking dish with 2 tablespoons olive oil and 1/2 teaspoon kosher salt. Bake at 425°F 30 to 35 minutes.



FROM TABLE SALT TO KOSHER SALT

Experts advise kids and adults to consume no more than 2,300 milligrams of sodium a day. Iodized table salt has 2,325 milligrams per teaspoon. Some brands of coarser, kosher salt (Diamond Crystal, for example) have half that amount, at 1,120 milligrams. Kosher salt has a clean, crisp flavor. We like to sprinkle a pinch (and a drizzle of olive oil) over plain vegetables.



Janice Newell Bissex and Liz Weiss are registered dietitians, authors of The Moms' Guide to Meal Makeovers, and founders of the Meal Makeover Moms' Club at MealMakeoverMoms.com.