




# Healthy at Home — Our Secrets to Get You Living Healthier and Loving It!

Each New Year ushers in a new set of resolutions—oftentimes centered on improving your health and changing up less-than-desirable eating habits.

Making changes, especially when involving food, can be challenging. The key to success is to start small. Here are our insider tips to get you—and your family—headed in the right direction. Before you know it, you'll be feeling healthier and happier all the way around.



# Choose the Right Fat for a Healthy Heart

Types of Fat	Sources	Affect on Heart Health
<b>"Bad" Fat:</b> Saturated Fat	Beef Pork Poultry with the skin Butter Cream Cheese Palm oil Coconut oil	 Can increase LDL ("bad") cholesterol May increase risk of heart disease
<b>"Bad" Fat:</b> Trans Fat	Baked goods (ex: cookies, doughnuts, pie crust) Fried foods Processed snack foods (ex: crackers, popcorn) Stick margarine	 Can increase LDL ("bad") cholesterol Can reduce HDL ("good") cholesterol May increase risk of heart disease
<b>"Good" Fat:</b> Monosaturated Fat	Olive oil Canola oil Sesame oil Peanut oil Avocados Olives Almonds Peanuts	 May reduce LDL ("bad") cholesterol May reduce risk of heart disease
<b>"Good" Fat:</b> Polyunsaturated Fat	Soybean oil Corn oil Safflower oil Walnuts Sunflower seeds Fatty fish (ex: salmon, mackerel, trout)	 May reduce LDL ("bad") cholesterol May reduce risk of heart disease

## Follow these tips to choose "good" fats:

- Replace butter in cooking with liquid vegetable oils, like canola or olive oils.
- Trim all visible fat from meat before cooking, and remove skin of poultry.
- Enjoy fish at least twice per week.
- Choose low-fat or nonfat dairy products.
- Replace packaged snacks, like crackers, cookies and baked goods, with heart-healthy nuts and fresh fruits and vegetables (which are naturally low in fat).

Check out the eMeals Heart Healthy plan for a simple approach to heart-healthy eating.

Find out more at [www.eMeals.com](http://www.eMeals.com).

# 5 Healthy Comfort Food Makeovers

Most diets started on January 1 won't last until Valentine's Day, and one reason is an inability to kick the comfort food. Typical "diet food" can't compete with indulgent favorites like macaroni and cheese, pizza and lasagna that have been on our dinner tables since we were old enough to walk. And that creates cravings that can derail even the best-intentioned New Year's resolutions.

We gave five of our favorite comfort foods a healthy makeover—trimming everything from fat to calories to carbs—yet preserved all the feel-good flavor and texture of the originals. You get all the satisfaction with an added boost of nutrition.

## 1 Low-Calorie Macaroni-and-Veggie Bake

Call us carb-o-holics, but we just can't say no to ooey gooey, hot-from-the-oven cheesy pasta. The starch from the pasta's cooking liquid helps to thicken the sauce without the need for added cream, making this a lighter take on classic mac and cheese. Once the vegetables are coated in the melty cheese sauce, you and your kids will have no problem gobbling them up.

### Low-Calorie Macaroni-and-Veggie Bake

#### Ingredients

- \* 12 oz uncooked whole-grain elbow macaroni
- \* 2 tablespoons butter
- \* 2 1/2 tablespoons flour
- \* 1 2/3 cups 2% reduced-fat milk
- \* 2 cups chopped broccoli florets
- \* 1 cup shredded part-skim mozzarella cheese
- \* 1 cup grated Parmesan cheese
- \* 1 teaspoon salt, 1/4 teaspoon pepper
- \* 1 pint cherry or grape tomatoes

#### Cooking Directions

1. Preheat oven to 400°F. Cook macaroni according to package directions; drain, reserving 2/3 cup pasta water.
2. Melt butter in a saucepan over medium heat; whisk in flour, and cook 1 minute. Gradually whisk in reserved pasta water and milk; cook, stirring constantly, 3 to 5 minutes or until thickened.
3. Stir in broccoli, mozzarella cheese, 1/2 cup Parmesan cheese, salt and pepper; add pasta and tomatoes. Pour into an 11- x 7-inch baking dish coated with cooking spray. Sprinkle with remaining Parmesan cheese.
4. Bake 20 to 25 minutes or until golden. Divide into 6 servings.

## 2 Chicken Fingers: Panko-Crusted Chicken Fingers

“Chicken fingers” and “low calorie” in the same sentence? That’s right. These lighter chicken fingers are coated with panko breadcrumbs and baked at a high temperature, resulting in a crispy coating for the same satisfying crunch of classic chicken fingers but with a fraction of the fat and calories.

### Panko-Crusted Chicken Fingers

#### Ingredients

- \* 1 1/2 lb boneless chicken breast tenders
- \* 1/2 teaspoon salt, 1/2 teaspoon pepper
- \* 2 large eggs
- \* 1 cup panko breadcrumbs
- \* 1 teaspoon dried parsley
- \* 1/4 teaspoon garlic powder

#### Cooking Directions

1. Preheat oven to 450 degrees; place a large rimmed baking sheet in the oven while it preheats.
2. Sprinkle chicken with salt and pepper. Whisk eggs in a shallow dish. Combine breadcrumbs, parsley and garlic powder in another shallow dish.
3. Dip chicken in egg; dredge in breadcrumbs, pressing to coat. Place chicken on a wire rack.
4. Coat chicken with cooking spray. Remove pan from oven, and coat generously with cooking spray. Arrange chicken tenders on baking sheet. Bake 20 to 25 minutes or until chicken is done. Serves 4.

## 3 Meatballs: Turkey-Bacon Meatballs w/ Tomato Sauce

Try our low-carb and gluten-free spin on meatballs. Serve with spaghetti squash “noodles” instead of pasta. With the flavorful combo of turkey and bacon in the meatballs plus the robust tomato sauce, you’ll never miss the bowlful of pasta.

### Turkey-Bacon Meatballs with Tomato Sauce

#### Ingredients

- \* 4 slices bacon
- \* 2 lb lean ground turkey
- \* 1 (8-oz) package sliced fresh mushrooms, finely chopped
- \* 1 large onion, chopped
- \* 1 tablespoon Italian seasoning
- \* 1 large egg, lightly beaten
- \* 2 tablespoons olive oil
- \* 2 (14.5-oz) cans fire-roasted diced tomatoes

#### Cooking Directions

1. Place bacon on a paper towel-lined plate; microwave on HIGH 1 1/2 to 2 minutes or until crisp. Crumble bacon.
2. Combine ground turkey, bacon, mushrooms, onion, Italian seasoning and egg; shape mixture into 1-inch meatballs.
3. Heat oil in a large deep nonstick skillet over medium heat; cook meatballs 4 minutes or until browned and no longer pink in centers, stirring frequently. Remove from skillet, and keep warm.
4. Add tomatoes to skillet; bring to a boil, and simmer 15 minutes or until slightly thickened. Add meatballs to pan; cover and simmer 5 minutes or until thoroughly heated.

## 4 Pizza: Caramelized Onion-and-Bacon Pizza

Only 320 calories per serving!

### Caramelized Onion-and-Bacon Pizza

#### Ingredients

- \* 6 slices center-cut bacon
- \* 2 tablespoons olive oil, divided
- \* 1 medium-size sweet onion, thinly sliced
- \* 1 teaspoon sugar
- \* 1 lb refrigerated fresh pizza dough
- \* 1 cup shredded 6-cheese Italian-blend cheese

#### Cooking Directions

1. Cook bacon in a large nonstick skillet over medium-high heat 6 minutes or until crisp; crumble and set aside.
2. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add onion; cook 5 minutes.
3. Sprinkle with sugar; cook 10 to 15 minutes longer, stirring frequently, or until deep golden brown.
4. Preheat oven to 450 degrees. Roll dough to a 14-inch circle on parchment paper, and transfer to a large baking sheet. Brush remaining 1 tablespoon oil over dough; top with bacon, onion and cheese.
5. Bake 15 to 20 minutes or until crust is done and cheese is browned.

## 5 Lasagna: Stovetop Veggie Lasagna

Only 450 calories per serving!

### Stovetop Veggie Lasagna

#### Ingredients

- \* 1 tablespoon olive oil
- \* 3 cloves garlic, minced
- \* 1 (8-oz) package sliced fresh mushrooms
- \* ½ lb zucchini, cut into rounds
- \* ½ small onion, chopped
- \* ¾ teaspoon salt, divided
- \* ½ teaspoon pepper
- \* 12 oz uncooked whole-grain lasagna noodles, broken in pieces
- \* 1 (24-oz) jar lower-sodium pasta sauce
- \* ¼ cup chopped fresh basil (optional)
- \* 1 (15-oz) container part-skim ricotta cheese
- \* 1 cup shredded part-skim mozzarella cheese
- \* ¼ cup freshly grated Parmesan cheese

#### Cooking Directions

1. Heat oil in a Dutch oven over medium-high heat; add garlic, mushrooms, zucchini, onion, ½ teaspoon salt and pepper. Sauté 8 to 10 minutes or until vegetables are browned.
2. Arrange noodles over vegetable mixture; top with pasta sauce, basil (if using), ¼ teaspoon salt and ½ cup water. Bring to a boil; cover, reduce heat, and simmer, stirring occasionally, 20 minutes or until noodles are tender.
3. Dollop ricotta cheese evenly over lasagna, stirring slightly; top with mozzarella and Parmesan cheeses. Cover and let stand until cheeses melts. Divide into 6 servings.

# Healthy Eating for Kids

## Teach your kids to enjoy eating healthy for habits that will last a lifetime.

Making healthy food choices is essential to ensure that kids get all of the nutrients they need in order to grow and thrive. Equally important is taste, because it doesn't matter how healthy dinner is if your kids won't eat it. Follow these tips for feeding your kids nutritious and delicious meals and teaching them to make healthy food choices for themselves.

## Build a healthy plate

Follow the USDA MyPlate guide by filling half your plate with fruits and vegetables. Then fill one-quarter of the plate with whole grains and one-quarter with lean protein. Add a serving of low-fat dairy for a complete and well-balanced meal.

## Involve the kids

Use the plate strategy to involve your kids in building healthy meals. Allow your child to choose which vegetable to have with dinner, or give them several choices of whole grains to choose for their plate. By involving your kids in the decision-making process, you'll teach them to make healthy choices for themselves, and they're more likely to eat the healthy foods on their plates. Involving your kids in cooking equips them with practical skills to cook for themselves later in life.

Three ounces of cooked meat, fish or poultry, about the size of a deck of cards or the palm of your hand, may seem small compared to restaurant portions, but it provides 25 grams of protein which is more than 1/3 of the recommended daily intake of protein for the average person.

— Mary Creel, eMeals editor and registered dietician

## Try and try again

When introducing your child to a new healthy food, serve a small portion of the new food first and ask your child to try it before moving on to the rest of the meal. Or try incorporating a new food into one of your child's favorite dishes. For example, if your child doesn't like broccoli but loves macaroni and cheese, try adding broccoli to their mac and cheese. Studies have shown that children may need to be exposed to a new food 10 to 15 times before accepting it. So expose your child to new healthy foods multiple times, encouraging them to try it but also asking whether or not they like it, rather than forcing them to eat it.

## Make it fun

Eating healthy doesn't have to be boring or bland. Experiment with new preparation methods and flavors. Serve vegetables raw, cooked and pureed for a variety of textures. For small children, try cutting vegetables and fruits into sticks, florets or circles or threading them onto skewers, and serve with healthy dips, like salsa, hummus, yogurt or low-fat Ranch dressing for dipping. Many kids love creating their own personalized meals, so try a build-you-own meal bar, like a potato bar, nacho bar or salad bar. Provide a variety of healthy toppings, and let the kids have at it. Try introducing a weekly theme night, like Taco Tuesday, Italian Wednesday, or Asian Friday. This can be a fun way to introduce your child to new foods and flavors and create an enjoyable dinnertime environment.

## Enjoy family meals together

Studies have found that children who eat frequent family meals at home are less likely to be obese, perform better in school, are less likely to drink, smoke or take drugs, and have a greater sense of belonging and connection to their family. Prioritize spending time around the table together for benefits that go far beyond nutrition.

You don't have to cook fancy or complicated masterpieces—just good food from fresh ingredients.

- Julia Child

# 5 Healthy Pre-Workout Snacks

Carbohydrates are your body's main source of energy during exercise. But choosing simple carbs, like fruit juice or refined grains, will cause your blood sugar to quickly spike and then fall, leaving you feeling sluggish. For steady, long-lasting energy, fuel up with a snack that includes a source of carbohydrates and protein. Add a serving of fruits or vegetables for a nutrient boost.

## 1 Half a peanut butter and banana sandwich

Spread 1 tablespoon peanut butter on 1 slice of whole-grain bread. Top with half a small banana, sliced.

Calories: 210, Carbohydrates: 27 grams, Fat: 9 grams, Protein: 8 grams

## 2 Nonfat Greek yogurt with low-fat granola

Top one 6-ounce container nonfat Greek yogurt with 1/4 cup low-fat granola...(such as Back to Nature®).

## 3 Trail mix made with nuts and dried fruit

Combine 2 tablespoons natural raw almonds, 2 tablespoons pumpkin seeds and 2 tablespoons dried cranberries.

Calories: 240, Carbohydrates: 18 grams, Fat: 17 grams, Protein: 9 grams

## 4 Whole-grain cereal with skim milk and fresh berries

Top 1/2 cup whole-grain oat cereal (such as Cheerios®) with 1/2 cup skim milk and 1/2 cup fresh raspberries.

Calories: 130, Carbohydrates: 24 grams, Fat: 1.5 grams, Protein: 7 grams

## 5 Mini pita with hummus and tomato

Spread 2 tablespoons hummus over one mini (4-inch) pita, and top with 1 plum tomato, sliced.

Calories: 170, Carbohydrates: 24 grams, Fat: 6 grams, Protein: 5 grams





# 7 Healthy Ways to Boost Metabolism

## 1 Keep Moving

The most effective way to raise your metabolism is physical activity. Not only do you burn calories while exercising, but a bout of moderate-intensity exercise can raise your metabolic rate for up to two hours after exercise. Aim for at least 30 minutes of moderate-intensity exercise most days of the week for the calorie burn and overall health benefits, and keep moving throughout the day. Minimizing the amount of time you sit and increasing your activity throughout the day can add up to big benefits over time. Get up from your desk and walk a lap around the building every hour or take the stairs instead of the elevator.

## 2 Get Ripped

Muscle tissue burns up to three times as many calories as fat tissue when you are at rest. Strength training helps increase your muscle mass, meaning you'll burn more calories even when you're doing nothing. Plus, a 150-pound man will burn 220 calories in one hour of weight training.

## 3 Ditch Extreme Diets

When you eat far less calories than your body needs or fast for extended periods of time, your body goes into starvation mode and stores fat. Keep your daily calorie intake at a reasonable level (above 1200 calories per day is a good general benchmark) even when you're trying to lose weight. Make each calorie count by filling your plate with fresh fruits and vegetables, lean protein, and high-fiber whole grains.

## 4 Milk It

Studies have shown that consuming three servings of low-fat or fat-free dairy every day can help you burn more fat and lose more weight. Beyond its role in weight control, low-fat or fat-free dairy also promotes bone and heart health.

## 5 Sip Green Tea

Drinking three cups of green tea per day can help your body to burn up to 100 extra calories thanks to catechins, powerful antioxidants that may have additional heart health and cancer-prevention benefits.

## 6 Feel the Buzz (in Moderation)

Caffeine temporarily raises your metabolic rate. In fact, the amount of caffeine in one cup of coffee can temporarily increase your metabolic rate by 15%. Coffee may have other health benefits as well, including reducing risk of diabetes and heart disease and warding off mental decline and Alzheimer's disease. Just don't take it too far – excess caffeine intake can lead to headaches and insomnia.

## 7 Spice It Up

Hot chili peppers and chili powder contain capsaicin, an antioxidant that can temporarily increase metabolic rate up to 15%. As an added bonus, the heat in peppers can also increase satiety, helping you to eat less.

## So what's the bottom line?

Eat a well-balanced diet comprised of fresh fruits and vegetables, lean protein and whole grains and exercise more. While certain foods, including dairy, green tea, caffeine and hot peppers may increase your metabolic rate slightly, the difference is minimal compared to the effect of just 30 minutes of exercise daily.

People who skip breakfast are 450% more likely to be overweight. Eat some protein within an hour of rising.

- Eat This, Not That!

# 4 Steps to a Healthy Detox or Cleanse

While popular detox and cleanse diet plans offer lofty claims, a “detox” focused on healthy whole foods may be the best way to cleanse.

From the lemon juice-and-cayenne concoction popularized by Beyoncé to fruit and vegetable juice liquid diets, “cleanses” are all the rage. Proponents claim that these plans help your body to flush out the “toxins” that build up from preservatives, alcohol and caffeine in our diets. There is little scientific research to support such drastic (and often expensive) plans. In fact, following all-liquid diets lacking in vital nutrients may even reduce your body’s natural ability to rid itself of toxins and free radicals.

So what is the key to a healthy and effective “cleanse” diet? It may be as simple as eating plenty of fruits, vegetables and fiber-rich whole grains and drinking enough water.

Experts seem to agree that one major benefit of a whole foods detox diet is breaking old habits. Cutting out processed foods and focusing primarily on fruits, vegetables and whole grains can be a new beginning for people looking to start afresh with a healthy lifestyle.

Follow this simple four-step guide to clean up your diet and retrain your taste buds without a “diet.”

## 1 Drink plenty of water

Water is essential for your body’s natural detoxification pathways, facilitating excretion of toxins. Choose water and other sugar- and caffeine-free drinks to ensure you stay well hydrated. If you find yourself missing your morning cup of joe, reach for a glass of green tea, which contains powerful antioxidants that aid in detoxification.

## 2 Up your intake of fruits and vegetables

Fruits and vegetables contain phytochemicals that promote detoxification. Cruciferous vegetables, like broccoli, cabbage, and kale are especially good at helping the liver to get rid of toxins.

## 3 Choose whole grains and high fiber foods

Fiber binds to toxins and helps your body excrete them while also decreasing the amount of time harmful compounds spend in your digestive system. Good sources include oats, brown rice, whole grains, beans and flaxseed.

## 4 Exercise regularly

According to the Physical Activity Guidelines for Americans, adults need 2 hours and 30 minutes of moderate or 1 hour and 15 minutes of vigorous physical activity per week. Break it up throughout the day and the week, and be sure to add some muscle-strengthening activity too.

### So what's the bottom line?

Avoid cleanses that include dangerous laxatives or are extremely low calorie or all-liquid diets. Instead eat a healthy diet of whole foods that includes at least 1,000 calories per day. After three to five days of “cleansing,” transition to a balanced and sustainable healthy diet that includes fruits and vegetables, whole grains, lean protein, and low-fat dairy. Wondering what that looks like? Check out the MyPlate Guidelines, and try the eMeals Clean Eating Meal Plan for a simplified approach to a clean and healthy lifestyle.

When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all—even if they are not trying to lose weight.

— Julia A. Wolfson, MPP, a CLF-Lerner Fellow at the Johns Hopkins Center for a Livable Future