

# WELLNESS WAYS



UNIVERSITY OF ILLINOIS  
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



*Ideas For Eating Better For Less . . . .*

*March 2009*



## Hidden Calories



**Pay attention to the foods you and your family eat.**

**Beware of Portion Sizes:** Read food labels for serving sizes. When eating out, share large portions of food or take some food home.

**Simplify:** When dining out select simple foods like steamed vegetables, grilled or broiled meat and poultry, or a lettuce salad with low fat dressing on the side.

**Season with Reason:** Eat foods seasoned with herbs & spices instead of butter, cheese or creams.

**Think, then Drink:** Choose water and milk (1% or fat free) most often.

### **Skillet Spaghetti** Serves 4

1 jar (28-ounce) of spaghetti sauce

1 1/2 cups water

8 ounces uncooked spaghetti pasta, broken in half

2 cups **cooked** meat

1/2 cup grated cheese

1. In a large skillet combine spaghetti sauce and water. Stir. Bring to boil.
2. Add spaghetti pasta. Stir to get spaghetti under the sauce.
3. Cover and reduce heat to simmer for 20-25 minutes. Stir often. Add more water if mixture gets dry.
4. Add cooked meat and simmer a few minutes until heated through.
5. Serve with cheese.

NUTRITION FACTS (per serving made w/ ground turkey) - Calories 420 ~ fat 9 g ~ calories from fat 80 ~ sodium 930 mg ~ total carbohydrate 68 g ~ fiber 7 g

## HARD COOKED EGGS

- Slice hard cooked eggs on lettuce salads.
- Chop hard cooked eggs. Add low fat mayonnaise and other flavors like sweet pickle relish, onion, celery, or mustard to make egg salad.
- Add hard cooked eggs to potato salad or tuna salad.



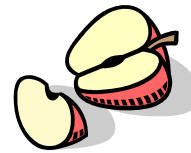
### How To Cook Hard Cooked Eggs:

1. Put **unbroken** eggs in a single layer in pan. Cover eggs with **cold** water (this helps prevent cracking) so water is at least one inch above eggs. Heat to boiling.
2. Remove pot from burner to prevent further boiling. Cover pan and let eggs sit in hot water for about 20 minutes.
3. Quickly run cold water over cooked eggs until cool. Store eggs in refrigerator and use within a week.

NUTRITION FACTS (per hard cooked egg) - Calories 80 ~ fat 5 g ~ calories from fat 50 ~ sodium 60 mg ~ total carbohydrate 1 g ~ fiber 0 g

## MORE Calorie Saving Tips

- Use jelly on bread instead of butter or margarine.
- Add lettuce, tomato, onions, and/or cucumbers to sandwiches instead of cheese.
- Choose broth- or tomato-based soups instead of creamy soups.
- Choose baked, broiled, roasted, or sautéed foods. Avoid fried and breaded foods.
- Trim visible fat off meat and poultry.
- Choose fruit for sweet snacks.



UNIVERSITY OF ILLINOIS  
**EXTENSION**  
NUTRITION EDUCATION PROGRAMS

University of Illinois \* United States Department of Agriculture  
\* Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.  
This material was funded by USDA's Supplemental Nutrition Assistance Program.