

# Build a Better Meal

Eating healthier doesn't have to be about changing your diet completely.

All you have to do is make small changes to the foods you already enjoy to make more nutritious and more delicious meals.



## Instead of this

### White flour pasta

lower in fiber and higher in sugars

### Meat sauce with ground beef

has more saturated fat, which is linked to heart disease and high cholesterol

### Lots of cheese

added fat and cholesterol



## Try this

### Whole wheat pasta or spinach pasta

or other healthier whole grain noodle for added fiber

### Lean ground turkey with tomato sauce and lots of veggies

less fat, more nutrients and vitamins A, C and K

### Sprinkle of Parmesan cheese

enjoy richer foods as long as you practice portion control