

Journey to Wellness — A free self-guided healthy living program

Boost nutrition in the kitchen



Discover easy and delicious ways to enhance your well-being right from your kitchen. Now is the perfect time to explore nutrient-rich foods, practical tips, smart substitutions and additions, and cooking techniques to satisfy your taste buds and nourish your body.

Sample superfoods

Enjoy nutrient-packed seasonal produce.

- **Pumpkin:** Rich in vitamins, fiber and potassium, this is a perfect addition to soups and baked treats.
- **Sweet potatoes:** Loaded with vitamin A, these are versatile for fries, baked potatoes, casseroles and pies.
- **Kale:** A powerhouse of vitamins A, B6, C, K, folate and fiber, kale works well in salads, soups, smoothies and sautés.
- **Brussels sprouts:** Full of inflammation-reducing antioxidants, sprouts can be prepared in many ways.
- **Cranberries:** Antioxidant-rich, these are ideal for sauces, salads, snacking and baked goods.
- **Flaxseed:** Full of omega-3 fatty acids, fiber and antioxidants, flaxseed can be worked into drinks, meals and baked goods.

Make smart substitutions and additions

Replace less nutritious ingredients with healthier options or add nutrients without noticing.

- **Whole grains:** Swap processed grains (white rice, white bread) for whole grains (brown rice, quinoa, whole wheat bread).
- **Healthy fats:** Cut fats in half and use olive or canola oil instead of butter.
- **Greek yogurt:** Substitute sour cream or mayonnaise with Greek yogurt in dips and dressings.
- **Flavorful herbs:** Add flavor to your food with herbs and spices rather than salt.
- **Sneak in nutrition:** Add fruit and nuts to oatmeal and salads. Add extra beans and vegetables to soups and casseroles. Add flaxseed to drinks, meals or baked goods.

Try new cooking techniques

Maximize nutrients while keeping flavors intact.

Healthy cooking starts with moving away from high-calorie, sugary, fatty and salty foods that are highly processed. Try healthy-cooking techniques such as baking, grilling, steaming and sauteing, which can lower the risk of health problems.

Eat mindfully

Pay attention to the foods and nutrition you consume.

- **Slow down:** Enjoy meals without distractions. Savor each bite and recognize when you are full.
- **Snack sensibly:** Boost energy between meals with nutrient-dense whole foods, such as fruits, vegetables and whole grains.
- **Stay hydrated:** Drink water rather than soda and other alternatives. Water is essential for overall health. Add fruit and vegetables to water for added, low-calorie flavor.

Try kitchen shortcuts

Make eating healthy easier.

- **Batch cook:** Prepare large portions and refrigerate or freeze to have nutrient-rich meals available on busy days.
- **Make sheet pan or one-pot meals:** Use fewer dishes and save time with this less hands-on approach.
- **Overlap ingredients:** Choose meals that require similar or overlapping ingredients for the same week's meals to save time on ingredient preparation and reduce waste.

