

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

Boost nutrition in the kitchen

Small changes add up. Boosting nutrition in the kitchen doesn't have to be complicated. Enjoy the flavors of the season while nourishing your body. Select your top 10 items from the list below to try this month.

Get started

- Overhaul your refrigerator or pantry to remove or swap out less healthy items.
- Learn how to [shop the produce aisle](#).
- Try a new [superfood](#).

Make smart substitutions and additions

- Use Greek yogurt in place of sour cream or mayonnaise in your favorite recipe.
- Make a [homemade salad dressing](#).
- Flavor your meals with herbs and spices instead of salt.
- Opt for whole grains over refined grains, such as brown rice or wheat bread rather than white.
- Cook with a healthy fat, like olive oil, instead of butter.
- Use applesauce or pureed black beans instead of oil when baking sweet bread or cake.
- Hide shredded zucchini or carrots in spaghetti sauce for a nutritional boost.
- Add kale or other vegetables to a fruit smoothie.

Try new cooking techniques

- [Steam, roast or sauté a new recipe](#).
- Batch cook a healthy meal.
- Make a sheet pan or one-pot meal.

Eat mindfully

- Eat without distractions, such as while working, watching TV or using a device.
- Choose sensible snacks like fruits and whole grains.
- Try a new [infused water recipe](#).



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