



Easy Eating

Not hungry for a full meal? Try a snack.

Eating small amounts of food as snacks throughout the day makes it easy to get the nutrients you need.

Here's how you can make eating easy.

Not in the mood for making breakfast? Start your day with a light snack of a ready to peel and eat banana or orange or rinse and enjoy strawberries, blueberries, raspberries or a peach.



Ready for a morning snack break?

Have a glass of milk with:

- A bowl of cereal
- A cereal or granola bar
- A slice of whole grain bread and peanut butter
- A hard-boiled egg

Want a mid-day bite? Try:

- Deli-sliced turkey breast rolled up with a cheese slice
- Hummus dip with baby carrots and sliced peppers
- A handful of almonds or walnuts and dried fruit

Need an afternoon pick-me up? Have:

- Cheese with crackers, apple slices and grapes
- A container of yogurt over sliced bananas or berries

Looking for easy evening eating?

- Add variety (and fiber) to a heat and eat dinner with a piece of whole grain bread or roll and a salad of leafy greens and sliced cucumbers and tomatoes.
- If you don't feel like cooking or by the time the food is cooked you don't feel like eating it, choose foods that can be ready to eat in minutes. Try:
 - A tomato stuffed with tuna salad or cottage cheese and whole-wheat crackers.
 - A sliced avocado topped with salsa and cherry tomatoes with baked corn chips.
 - Canned salmon, sliced strawberries and almonds on a bed of leafy greens.



Mediterranean Lentil Salad

- ½ C. lentils
- 2 C. water
- 1½ bell peppers, chopped*
- 1 clove, chopped garlic
- 15 cherry tomatoes, cut in half
- 4 ounces feta cheese, crumbled

Cook the lentils in boiling water for 15 minutes. While the lentils cook, chop the peppers and garlic and put in a bowl. Drain the lentils and add them to the bowl of chopped peppers and garlic. Pour on dressing. Top with tomatoes and feta cheese. Toss and chill.

Dressing:

- 3 T. olive oil
- 1 T. red wine vinegar
- ¼ C. fresh, chopped basil
- ½ T. oregano

**Make it colorful and attractive by using one-half of three different colored (red, orange, green or yellow) bell peppers.*

When you do feel like cooking, try these easy bean salads that can be ready to scoop into a bowl and enjoyed with wheat crackers or baked corn chips.



Black Bean and Corn Salsa

- 15 oz can black beans, rinsed and drained
- 15 oz can whole kernel corn, drained
- 1 C. salsa

Combine all ingredients. Cover and chill.

Time for a bedtime snack?

Finish off the day with:

- A cup of cottage cheese or yogurt with pineapple or mixed berries.
- A cup of hot herbal tea.
- An easy baked apple—Sliced apple sprinkled with cinnamon and heated in the microwave.

Enjoy getting the nutrients you need the easy way—in snacks throughout the day.