

RECIPE REFRESH

WANT A NEW RECIPE BUT DON'T WANT TO SPEND HOURS SEARCHING ONLINE?

Modify your search with descriptors like “simple, easy, quick, 15-minute, or 5 ingredients.” This can help narrow your search and find new recipes that fit your lifestyle.

IS YOUR DIET FEELING A LITTLE BLAND?

Get to know your spice rack! Experimenting with herbs and spices can bring a totally different flavor to some of your staple meals. www.eatright.org/resource/food/planning-and-prep/cooking-tips-and-trends/get-to-know-your-spice-rack

FRUITS AND VEGETABLES ARE AN IMPORTANT PART OF THE DIET, YET MOST OF US DON'T GET THE RECOMMENDED AMOUNTS.

Check out these tips to increase your intake of this vital food group. www.eatright.org/resource/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate

TRYING TO REDUCE YOUR INTAKE OF “BAD FAT”?

Try substitutions like plain Greek yogurt for sour cream or olive oil instead of butter. These simple changes can have big impacts on your heart health.

