



Children's Hospital Boston
Preventive Cardiology

Quick Mini Meals

SMALL MEALS prevent you from mindless munching! Have a **variety** on hand and try to choose **fresh foods** over commercial snacks. Some ideas are fruits, raw veggies, fruit & veggie juices, smoothies, nuts, air-popped popcorn, small bagels, nut butters on whole-wheat crackers, frozen yogurts, sorbets, dried fruit & cereals. Keep your **portions small** and prevent from eating directly out of the container. Here are a few meal ideas. Cut them out and keep on hand for easy reference.

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~ Make your own pizzas ~

Pizza lovers know that the high fat ingredients are not helping lower cholesterol. Why not make a lighter version? Cut down on the cheese or use a low-fat mozzarella to sprinkle on pizza. Also try using meat alternatives to replace the meat and pepperoni

Topping suggestions:

• Marinara sauce	• Pineapple	• Grilled veggies such as peppers, zucchini, eggplant, mushrooms, onions, broccoli
• Tuna fish	• Salsa	• Fresh or sun-dried tomatoes
• Shrimp	• Kraft's reduced fat mozzarella	
• Crab meat	• Cooked chopped spinach mixed with light cream cheese	
• Low-fat deli turkey		
• Low-fat deli ham		
• Garlic		

Crust suggestions:

• Refrigerated pizza dough	• English muffin	• French bread
• Flour or corn tortilla	• Pita bread	• Boboli crust

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~ Refreshing Smoothie blends ~

These easy-to-make drinks are great to satisfy food cravings, and just right for a mini meal when there's no time to cook. Add to your blender your favorite fruits together with 4-5 ice cubes and experiment with creative mixes. A healthy drink for the whole family! Beware of high-calorie commercial fruit smoothies.

Base:

• Frozen yogurt	• Skim milk	• Silken tofu
• Low fat yogurt	• Fruit juice	• Soy milk

Fruit:
Any fresh, frozen or canned fruits

• Pineapple chunks	• Banana	• Cantaloupe
• Frozen berries	• Peaches	

Flavorings:

• Vanilla extract	• Cocoa
• Coffee	• Cinnamon

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~ Creative Salads ~

Buying packaged fresh greens can *save time*, but if budget is a concern, it is easy to wash & chop up vegetables. Toss your ingredients together in a large bowl and use a tablespoon to measure out your dressing.

Greens:

- Romaine lettuce
- Mixed greens (Arugula, Escarole)
- Fresh spinach
- Boston or red leaf lettuce

Additional veggies:

- Onions
- Mushrooms
- Sweet corn kernels
- Baby corn
- Celery
- Alfalfa sprouts
- Carrots
- Water chestnut
- Artichoke hearts
- Asparagus
- Tomatoes
- Peppers
- Beets
- Cucumbers
- Broccoli
- Olives

Beans:

- Kidney beans
- Chick peas
- Black beans

Fruits:

- Apple
- Mandarin orange
- Pineapple
- Pear
- Peach
- Banana
- Raisins

Protein:

- Chicken breast
- Canned tuna
- Canned salmon
- Tofu
- Lean deli turkey
- Lean deli ham

Add lots of flavor in small amounts of:

Cheeses:

- 1 % cottage cheese
- Low-fat mozzarella
- Low fat cheddar
- Bleu or Gorgonzola
- Swiss
- Goat cheese
- Feta

Nuts & seeds:

- Sunflower seeds
- Walnuts
- Pecans
- Almonds

Dressings:

- Lightly toss your salads in olive oil or vinegar.
- If you prefer creamy dressings, there are also many nonfat or low-fat types offered by brands such as Kraft, Hidden Valley, Wishbone, Healthy Choice.
- Choose a canola oil based or Olive Oil based dressing!
- Lemon juice, mustard/honey Dijon, vinaigrettes.





~ Dips & Spreads ~

Try some dips or spreads with veggie sticks or fruits. As long as you use low-fat ingredients to make your dips and spreads, your snack is still a healthy choice. Commercial healthy dips are also available if time is not on your hands.

Serve dips with:

- Graham crackers
- Tortilla chips
- Canola oil baked potato chips
- Whole wheat crackers
- Pretzels
- Fruit (cantaloupe, strawberry, melon)
- Veggie sticks (celery, carrot, cucumber, peppers)

Ideas to make your own dips:

- **Creamy dip:** Blend together $\frac{1}{2}$ c. chopped fresh parsley, 2T chopped green onion, 1T reduced fat mayonnaise, 1tsp sodium-reduced Worcestershire sauce.
- **Salmon dip:** Blend on low speed one 15oz. can drained salmon, $\frac{1}{4}$ c. chopped onions, $\frac{1}{2}$ tsp mustard, $\frac{1}{2}$ tsp sodium-reduced Worcestershire sauce. Stir in 8oz. plain nonfat yogurt. Chill overnight.
- **Creamy salsa dip:** Blend 8oz. fat free cream cheese until smooth. Add 1c. salsa. Chill overnight.
- **Apple Cinnamon spread:** Beat at medium speed 8oz. fat free cream cheese (softened), 3T. apple juice, $\frac{1}{2}$ tsp. ground cinnamon. Stir in $\frac{3}{4}$ c. finely chopped apple. Chill.

Commercial dips:

- Kraft Philadelphia low fat or fat free cream cheeses (original, strawberry)
- Kraft Philadelphia light soft cream cheeses (plain, strawberry, raspberry, blueberry, chive & onion, garden vegetable, roasted garlic, jalapeno)
- Salsa

