Health & flavor go together
The days when healthy food meant bland food are fast disappearing. America now demands that health and flavor go together.
Surveys reveal the number of Americans “on a diet” is at an all-time low while the demand for healthier menu choices is reaching new highs. Great taste tops the list of what consumers want from ‘healthy foods’.

Combine great taste and good health:
You don’t need to use exotic flavors to get great-tasting healthy food. A few simple cooking techniques and seasonings combined with basic wholesome ingredients can turn everyday foods into flavorful healthy meals!

Choose from the range of colors:
Healthy flavors come in all colors. Dark green, orange, red, yellow or purple – fruits and vegetables (fresh, frozen or canned) bring color and flavor and a long list of health benefits to your favorite meals.

Add herbs and spices:
Try garlic, ginger, cilantro, chili, basil and dill. Herbs and spices add flavor and provide health benefits because many are rich in antioxidants.

Sauté and splash:
Add flavor with a little healthy oil to sauté foods or splash on a salad. Olive, sunflower, canola, safflower and other vegetable oils taste great and have been shown to be good for your health.

Add nuts, whole grains and beans:
Hearty texture and robust flavors from nuts, whole grains and beans add a range of flavors with proven health benefits.

Look for flavor blasters:
Balsamic and other gourmet vinegars, gourmet mustards, hot peppers, or salsas are all great ways to add a blast of flavor to healthy foods.

Flavor Possibilities
The possibilities for great-tasting healthy foods are endless. Whether you’re adventurous or not, there are ways to make sure health and flavor go together:

Not ready to experiment?
Even whole grains like oatmeal can seem gourmet. Add bananas, blueberries, strawberries or dried fruit mixes with a little honey and almond flakes.

Tired of the same old beans?
Try flavor filled bean soups like Minestrone (for a taste of Italy), Lentil Garam Masala (for a hint of India), or Black Bean Soup (inspired by Cuban cuisine).

Are your vegetables an afterthought?
Vegetables are amazingly versatile. Whether raw, grilled, sautéed, stir fried, steamed or fried, think of vegetables first to add flavor and texture! Try chilled grilled vegetables or basil mozzarella penne salad tossed with veggies.

Can’t seem to get enough fruit?
Fruit smoothies can pack the perfect amount of flavor and variety. Many smoothies include citrus, mangoes, pineapples, and strawberries. While the flavor combinations are endless, watch the added sugars, which add calories.

Can’t find flavor without salt?
Spice blends and condiments lead the way to great taste! Sprinkle “Cajun” for that Creole taste of the American South or marinade with “Jerk seasoning” for some Caribbean flair. Condiments can also make the flavor difference; bring meals to life with chutneys, sweet relish, prepared horseradish and capers.

Looking for flavor without saturated fat?
Explore flavors of the sea and trade up from “saturated” to “omega-3”! The unique tastes of fatty fish like salmon, mackerel, and tuna are good-for-you flavors.
Healthy flavors from around the world

Many traditional world cuisines from ancient cultures are known for healthy food that is full of flavor. Traditional Mediterranean and Asian foods are two examples.

The Mediterranean menu is based on traditions of the regions of Greece, Crete and Southern Italy and is considered to be particularly healthy. Olive oil has become the hallmark of healthy Mediterranean flavors with dishes like tossed tortellini with roasted vegetables, garlic toast, and mozzarella-tomato salad. Olive oil is also a key ingredient in many Mediterranean vinaigrettes and dressings. Asian cuisines feature the regional flavors of China, Japan and Vietnam.

Mediterranean food often features:
- Lots of olive oil
- Plenty of plant foods such as grains, beans, vegetables, fruits, nuts and seeds
- Moderate amounts of fish and poultry, yogurt and cheese
- Moderate amounts of wine

Features of the traditional Asian diet:
- Rich in green tea
- Plenty of steamed vegetables and rice
- Minimal amounts of meat
- More steaming and less deep frying

Healthy flavors from around the world are great sources for ideas to make health and flavor go together in your life.

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

Oatmeal Vanilla Apple Snacks

Serves approx. 4

Ingredients:
- 1 ½ tbsp. salted butter
- 2 ½ tbsp. granulated sugar
- ½ cup old fashioned oats
- ½ tbsp. vanilla extract
- 1 tbsp. smooth peanut butter
- 1 large Granny Smith apple, quartered lengthwise and cored
- 4 Popsicle sticks

Directions:

Prepare Oats: In a small saucepan over medium heat, melt butter. Stir in sugar and oats. Cook, stirring constantly for 2-3 minutes or until oats begin to brown. Stir in vanilla. remove from heat and cool.

Prepare Peanut Butter: In a microwave-safe dish, heat peanut butter for about 10 seconds, or until pourable.

Assemble: Insert Popsicle stick in the center of the skin side of each apple quarter.

Dip cut sides of each apple quarter into the warm peanut butter, allowing excess to drain off. then dip coated sides of each apple quarter into the oat mixture. Place on a parchment paper-lined pan. refrigerate for 30 minutes, or until peanut butter is set.

NUTRITIONAL INFORMATION per serving

Calories: 107 Protein: 2.3g
Total Fat: 6.6g Sodium: 54.9mg
Carbohydrates: 11.4g Saturated Fat: 2.3g