

# Packaged Food Makeover

Love the convenience of packaged foods? Try these tips for making them healthier — or make them yourself!

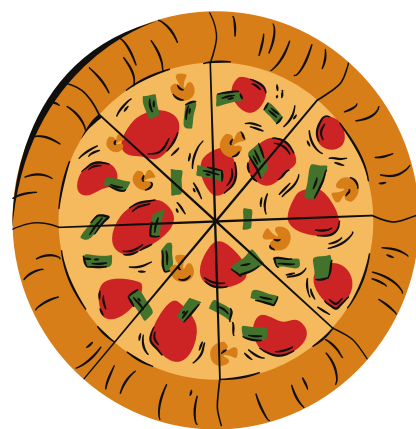


## Instant noodles

- Look for brands that bake the noodles instead of frying them.
- Stir in fresh or frozen veggies. Try broccoli, peas, edamame (soy beans), or spinach.
- Add protein if you like. Try leftover cooked chicken, fish, or beef, or cubes of tofu.
- Use only half of the seasoning packet, or ditch the packet and use your own seasonings, like sesame oil, garlic, and ginger.

## Frozen pizza

- Buy a plain cheese pizza. Add your own toppings, like broccoli, peppers, onions, or turkey pepperoni.
- Look for whole grain crusts if you can find them.
- Making your own pizza is fun for the whole family!
- If you have time, make your own whole grain crust!

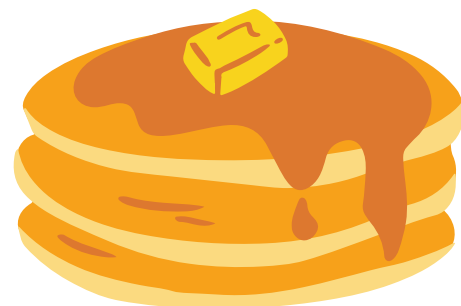


## Boxed macaroni and cheese

- Add fresh or frozen broccoli, peas, or spinach to the pasta during the last few minutes of cooking.
- Homemade mac and cheese is easier to make than you may think! Try out a stovetop version.

## Frozen waffles or pancakes

- Look for whole grain pancakes or waffles.
- Top with fresh fruit and yogurt instead of syrup.
- Make a batch of waffles or pancakes on a day you have extra time. Freeze them in single servings. Pull them out and toast them when you're in a hurry.



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