

Improve a Packaged Meal

There are many ways to start with a pre-made, packaged food and make a healthy meal from it. Use this chart for ideas on adding nutrients to packaged meals. Add your own ideas in the spaces provided to have on hand.

Packaged Food	Add Healthy Foods
Canned low-sodium soup	<ul style="list-style-type: none"> • Add more of the veggies listed on the can • Add an extra cup of water, a cup of whole grains, and/or frozen mixed veggies <p><i>My idea:</i></p>
Boxed macaroni & cheese	<ul style="list-style-type: none"> • Add broccoli, spinach, bell peppers, carrots, or other veggies • Add tuna or chicken breast for protein • Serve with a side salad or cooked, mixed veggies <p><i>My idea:</i></p>
Frozen chicken nuggets or fish sticks	<ul style="list-style-type: none"> • Add to a salad • Serve with a baked sweet potato • Top with tomato sauce and mozzarella, serve with cooked spaghetti squash or whole grain pasta <p><i>My idea:</i></p>
Frozen waffles or pancakes	<ul style="list-style-type: none"> • Top with fresh fruit and plain, low-fat yogurt • Sprinkle cinnamon on top <p><i>My idea:</i></p>
Frozen pizza	<ul style="list-style-type: none"> • Add extra veggie toppings or sliced chicken breast • Serve with a side salad <p><i>My idea:</i></p>
Frozen meals	<ul style="list-style-type: none"> • Add 1 cup of frozen veggies to the meal • Add lean ground turkey or chicken breast to pasta dishes <p><i>My idea:</i></p>