

Fast Ways to Eat Functional Foods

BREAKFAST

- ❖ Have a bowl of **oatmeal** with **blueberries**
- ❖ Mix **yogurt** with **whole grain dry cereal**
- ❖ Spread **soy nut butter** on **whole grain toast**
- ❖ Drink a glass of **sparkling purple grape juice** with breakfast
- ❖ Blend **soy milk** with fresh **pineapple**

SNACKS ON THE GO

- ❖ Grab a piece of **fresh fruit!**
- ❖ Mix **soy nuts** and **dried fruit** together and hit the trail
- ❖ Grab a glass of **tomato, cranberry, or orange juice**
- ❖ Try fresh **broccoli, cauliflower, and carrots** with **tofu dip**
- ❖ Mix **bananas** with fresh **raspberries**



NUTRITIOUS MEAL IDEAS

- ❖ Mix **tuna salad** with **grated carrots, red peppers, onions, and garlic**
- ❖ Serve **whole grain pasta** with **tomato sauce** and **fresh herbs**
- ❖ Cook **leeks** and **onions** with **tomatoes** as a side dish
- ❖ Grill **salmon** and serve with **fresh greens** and **yogurt salad dressing**
- ❖ Try lowfat cream of **carrot, spinach, and broccoli soup**
- ❖ Enjoy a cup of **green tea** with a **marinated tofu sandwich**
- ❖ Stir-fry fresh **vegetable** with extra **garlic**

For more information about functional foods:
University of Illinois Functional Foods for Health Program:
www.ag.uiuc.edu/ffh

 **Cooperative
Extension**
Tompkins County

