



Staying Healthy with Special Olympics New Jersey

***Special
Olympics***
New Jersey





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Healthy Alternatives

Use This	Instead of This
Sweet potato	White potato
Brown rice	White rice
Whole wheat low calorie bread	White bread
Whole wheat pasta	White pasta
Unsweetened applesauce	Regular applesauce
Olive oil or coconut oil	Vegetable oil
Turkey meat	Red meat / beef
Plain greek yogurt	Sour cream
Coconut or whole wheat flour	White flour
Stevia	Sugar
Almond Milk	Regular milk
Natural Peanut Butter	Regular peanut butter
Fruit infused water (ex: lemon slices or strawberries in water)	Fruit juice
Nuts: almonds, walnuts, pecans	Croutons
Egg whites	Whole egg
Coffee creamer	Almond milk creamer
Corn tortilla	Flour tortilla
Hummus	Mayonnaise
Frozen yogurt, sherbet	Ice cream



Healthy tips:

1. Eat whole fruit instead of drinking fruit juice.

- Whole fruit contains fiber, has more nutritional benefits and less sugar.

2. Use olive oil and balsamic for dressing instead of creamy dressing.

- There are less calories and additives in olive oil and balsamic dressing plus, it tastes great!

3. Eat three times a day, do not skip a meal.

- When you skip a meal, you feel tired and groggy. This can lead to overeating later.

4. Chew slowly!

- It takes 20 minutes for your brain to signal that you are full, if you take your time and eat, you are more likely to consume less calories.

5. Eat breakfast instead of sleeping in.

- This will jumpstart your metabolism and make you feel more awake.

6. Use a medium sized plate instead of a large one.

- A smaller plate can help you eat less calories, since you have less room to fill your plate.

7. Grocery shop when you're full.

- When you grocery shop hungry, you may buy unhealthy foods and spend more money because your thoughts are clouded with hunger.

8. Buy frozen fruits and vegetables!

- This minimizes the waste of produce going bad and it is just as healthy.

Did you know..

Cauliflower can be used as a substitute for many different things!

Grilled Cheese



“Mash”



Mac and Cheese



Pizza Crust



Rice



Hummus





Oatmeal

Meal: Breakfast

Ingredients:

1. Instant oatmeal packets
OR make your own with the ingredients below
2. ½ cup old-fashioned rolled oats (Quaker Oats)
3. ½ cup almond milk
4. ½ cup water
5. ¼ teaspoon ground cinnamon
6. ½ teaspoon honey
7. Toppings: fresh fruit (raspberries, blueberries, bananas, strawberries), nuts (almonds, walnuts, peanuts), honey or agave



Recipe:

1. Follow the directions for instant oatmeal OR follow step 2-5
2. Combine the oats, milk, water, salt and cinnamon in a medium saucepan
3. Bring to a boil, then reduce to low heat
4. Cook on low heat (uncovered) for 3-5 minutes. Small bubbles should be seen. Stir occasionally.
5. Remove from heat
6. Place in a bowl and add optional toppings

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Fruit Smoothie

Meal: Breakfast, lunch

Ingredients:

1. Fresh or Frozen fruit: strawberries, blueberries, raspberries, banana, peaches, kiwi, mango, pineapple, cantaloup
2. Add ons: Low sugar yogurt, 1 tsp of honey or agave, chia seeds, coconut flakes, granola
3. Water, coconut water, or almond milk

Recipe:

1. Add 2 cups of fruit to blender
- If using fresh fruit, add ice
2. If using frozen fruit, do not add ice
3. Add anything extra you may like (yogurt, honey)
4. Add 1 cup of water or coconut water
5. Blend until smooth, may need to add more water



1.



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2.





Avocado Toast

Meal: Breakfast, Lunch, Snack

Ingredients:

1. 1 avocado (peeled and pit taken out)
2. Lime juice (half a lime or 1 tbsp of lime juice)
3. Optional: ½ teaspoon of red pepper flakes
4. Dash of salt and pepper
5. 2 slices of whole grain bread

Recipe:

1. Toast the bread
2. Mash the avocado and combine with lime juice, salt and pepper
3. Spread the avocado on the toast and add red pepper flakes if desired



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Banana Pancakes

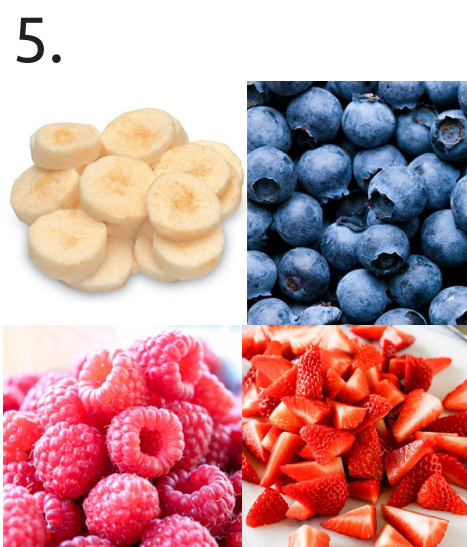
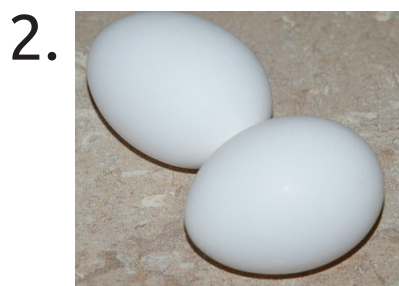
Meal: Breakfast

Ingredients:

1. One ripe banana
2. 2 large eggs
3. Olive oil
4. Optional: cinnamon, honey, vanilla, chopped nuts, peanut butter
5. Fresh fruit: strawberries, raspberries, bananas

Recipe:

1. Mash the banana in a bowl
2. In a separate bowl, mix the eggs
3. Pour the eggs over the banana and mix together until no lumps are left
4. Add any optional items and mix well, if not adding extras move on to step 5
5. On a heated skillet, spread olive oil then pour the mixture in small circles
6. Cook for 1-2 minutes, flip and then cook another 1-2 minutes until golden brown
7. Serve with fresh fruit on top instead of syrup





Cauliflower Pizza

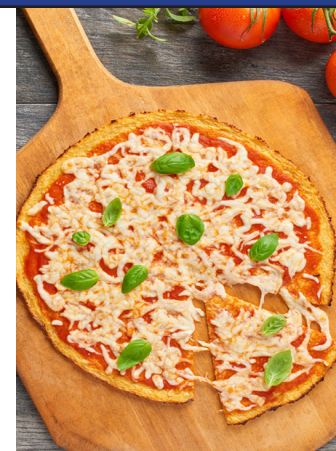
Meal: Lunch or dinner

Ingredients:

- Cauliflower Crust (frozen)
- Pizza sauce
- 1 cup of part-skim shredded mozzarella cheese

Recipe:

1. Follow the instructions on box of cauliflower crust
2. Spread as much sauce as you like, evenly across the crust
3. Add shredded cheese on top
4. Place in the oven until cheese is melted (about 10 minutes)
5. Cut in pieces, save some for tomorrow!



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Buffalo Cauliflower Bites

Meal: lunch, dinner

Ingredients:

1. 1 head of Cauliflower
2. ½ cup of whole wheat flour
3. ½ cup water
4. 1 tablespoon of garlic powder
5. A sprinkle of salt
6. ⅔ cup of Franks Red Hot Buffalo Sauce

Instructions:

1. Preheat oven to 450 degrees Fahrenheit.
2. Spray baking sheet with nonstick spray
3. Cut cauliflower into bite sized pieces
4. Mix flour, water, garlic powder and salt
5. Add cauliflower to the mixture. Mix until all pieces coated
6. Place coated cauliflower onto baking sheet and place in oven for 8 minutes. Flip over. Then place back in oven for 8 more minutes. Remove from oven
7. In another bowl, mix cauliflower with hot sauce
8. Place cauliflower back on same baking sheet, cook for 12 minutes. Flip them over. Place back in oven for another 12 minutes. Remove when pieces are golden brown.
9. Let cool, then eat. Great with celery!



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Roasted Chicken with Vegetables

Meal: Lunch, Dinner

Ingredients:

1. Chicken breast
2. Vegetables of choice: broccoli, carrots, sweet potatoes, red peppers, asparagus
3. Olive oil
4. Spices of your choice: salt, pepper, garlic, paprika, lemon & pepper, or table blends (low in salt)



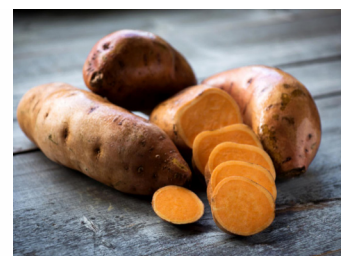
Recipe:

1. Preheat oven to 350 degrees F.
2. Mix veggies of choice with 1 Tablespoon of olive oil and seasonings of your choice
3. Season chicken breast
4. Put chicken and veggies on a pan and place in oven
5. Cook for 30 minutes or longer until chicken is no longer pink in the middle

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Spaghetti Squash- "Zoodles"

Meal: Dinner

Ingredients:

1. Large spaghetti squash
2. 1 teaspoon olive oil
3. Salt and pepper

Recipe:

1. Preheat oven to 400 degrees F
2. Line baking sheet with aluminum foil
3. Cut the spaghetti squash in half lengthwise, then clean out the seeds and stringy flesh
4. Brush the inside of the squash with olive oil and sprinkle salt and pepper on it
5. Roast for 40-45 minutes
6. Use a fork and scrape the 'noodles' out lengthwise
7. Toss with any sauce (ex: marinara) or with some salt and pepper and serve warm
8. Can refrigerate up to 2 days



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Cauliflower Mash

Meal: Side Dish for dinner

Ingredients:

1. Cauliflower Head
2. Dash of Salt
3. Dash of Pepper
4. Optional: 1 tbsp of margarine, almond milk

Recipe:

1. Bring a pot of water to boil
2. Cut cauliflower into florets
3. Boil for 10-15 minutes or until soft
4. Mash cauliflower until creamy OR place in food processor
5. Add salt and pepper (and margarine & almond milk if desired) and mix



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4.





Kale Chips

Meal: Snack

Ingredients:

1. Kale bunch
2. 1 tablespoon of Olive Oil
3. ½ tsp of pepper
4. 1 tsp of salt

Recipe:

1. Preheat oven to 350 degrees F
2. Remove kale leaves from thick stems
3. Cut kale in bite size pieces
4. Toss in olive oil and seasonings
5. Cook for 10 to 15 minutes until edges are golden brown



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Granola Yogurt Parfait

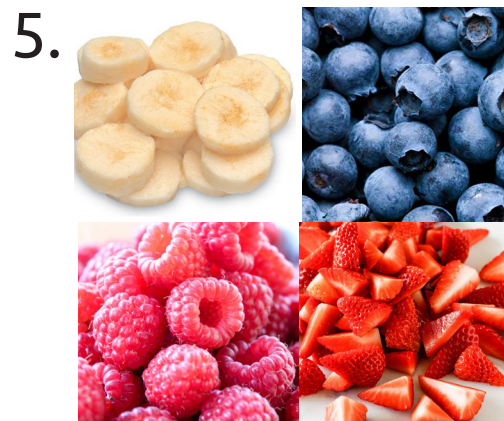
Meal: Snack

Ingredients:

1. Granola
2. Sliced almonds
3. Honey or agave
4. Greek yogurt
5. Fruit of your choice: raspberries, sliced strawberries, blueberries, banana
6. Chopped dark chocolate (Optional)

Recipe:

1. Place yogurt in bottom of glass.
2. Add a layer of granola, then chopped dark chocolate, then berries
3. Repeat





Chocolate Hummus

Meal: dessert

Ingredients:

1. ¼ Tahini Sauce
2. 1 can of chickpeas (rinsed and dried)
3. ½ cup of Cocoa Powder
4. ¼ cup of agave or maple syrup (low sugar)
5. 1 tsp of vanilla

Recipe:

1. Add all ingredients to a food processor (a blender will work too)
2. Mix until creamy, may need to add one or two tablespoons of water
3. Pair with any fruits, great with strawberries and apples



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Banana Ice Cream

Meal: dessert

Ingredients:

- 2-3 sliced frozen bananas
- Optional: ½ tsp vanilla extract
- Optional: 3 tablespoons natural peanut butter

Recipe:

1. Add bananas to blender, blend until creamy (this may take a few minutes and be loud)
2. When creamy, add optional ingredients
3. Scoop into bowl and serve!



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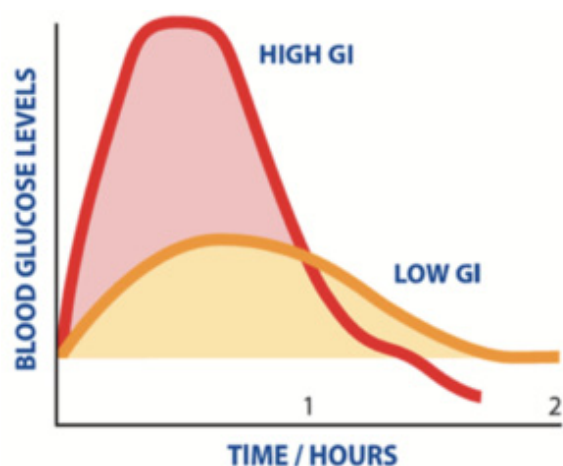
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Why is whole wheat healthier for you?

Look for bread that says 'whole wheat'
or 'whole grain'

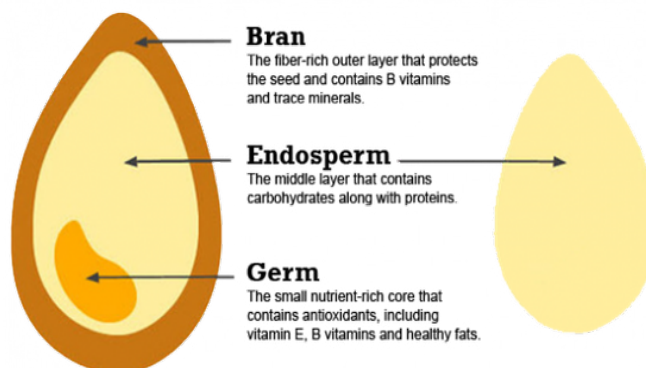


The amount of carbohydrate in the reference and test food must be the same.

Whole grain foods are lower on the glycemic index! This allows your body to produce enough insulin to digest the glucose from the food you are eating. This helps prevent food from turning into sugars in the body. Foods low on the glycemic index are healthier and can prevent obesity, heart disease and diabetes.

Whole grain contains all parts of the grain kernel! When bread is made using the whole kernel, it keeps nutrients such as vitamins, minerals, healthy fats, protein and fiber.

Whole Grain vs. "White" Grain





When should a sports drink be used?



Sports drinks are high in sugar! They should only be consumed during a long sports competition where the athlete is constantly moving around and working out.



Sports drinks contain electrolytes that can help hydrate an athlete who has been active for a sports tournament!

An athlete should drink water during practices or a sport game! Water hydrates the body without added sugar or calories.



Explore ShopRite from Home

Benefits of SRFH



Scan any Product

Use your smart phone to scan barcodes from your pantry, fridge (or your neighbor's fridge!) to get real time pricing and add to your shopping cart.



Download Coupons

Download digital coupons to your price plus card, and add reminders for them on your shopping list.



Filter by Products

Easily navigate through all of our products to quickly fill your virtual cart with the products you are looking for.



Easy Delivery or Pickup

Pick up at your door or at you store with the convenience of ShopRite from Home.

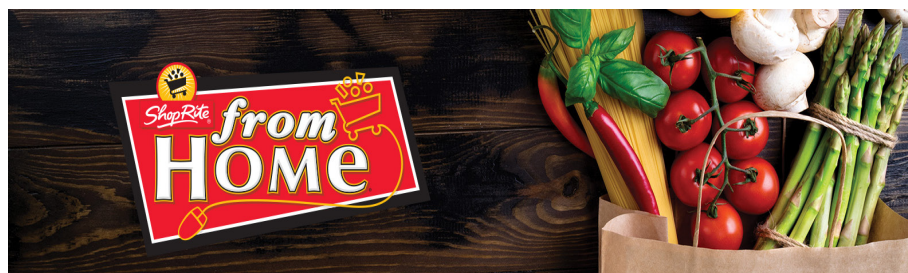


Online Shopping:

- ShopRite from home
- Shop by aisle
- Look for orange tag for sale items
- Can be delivered right to your door!

What ShopRite offers:

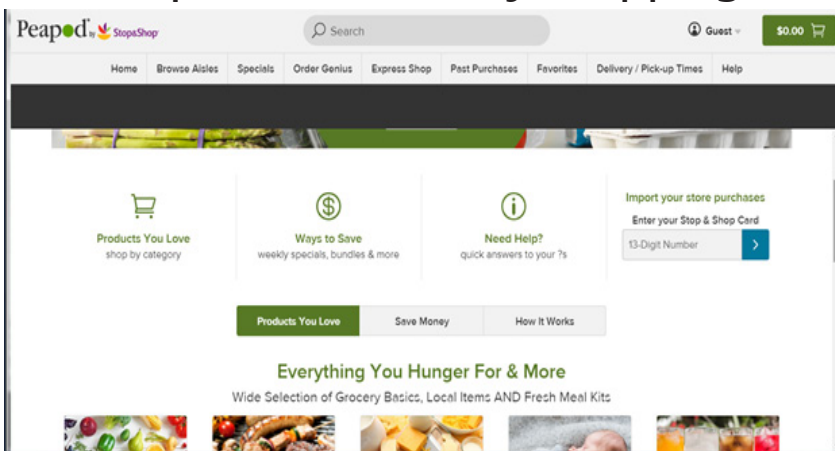
- One-on-one consultations
- Supermarket tours
- Support groups
- Weight management classes
- Adult and Children cooking classes
- In-store product samplings





Online Shopping:

- Through Peapod
- Save \$20 on first order
& FREE delivery or pick up
- Look for red flags for sale items
- Has pictures for easy shopping



Guiding Stars

Stop and Shop has guiding stars on price tags of various items. The more stars, the healthier the item is! Look for three stars when shopping





Online shopping

- Through instacart
- \$10 off three shopping trips of \$35 or more
- Coupons online
- Free delivery when purchasing a certain amount of products
- Pictures of every item



Save time and money with grocery delivery.

Amazing products at low prices
delivered to your door.

Get \$10 off your first 3 purchases
of \$35 or more.

Use code SHOPALDI19 at checkout.

[Shop Now](#)



Aldi is known for having quality products for a cheaper price!



ACME

Online shopping:

- Through instacart
- First delivery free
- Shows sale items
- Has pictures of items
- Delivered right to your door!




ACME offers dietitian tour with a group of 15-25 people of any age.




Eat Better!


FREE Dietitian-Led Store Tours!



Julie Rovelli
Registered Dietitian



Customized for Your Organization!



Free Samples!



Great for Kids and Adults!





Wegmans



Online shopping

- Through instacart
- First delivery free
- Pictures
- Shows sale prices & coupons



Wegmans offers freshly cooked meals- buffet style in the store. The nutrition facts can be found online.



Wegmans customers have access to FREE health station screenings at all store locations. Measure your blood pressure while shopping!



Trader Joe's offers many healthy snacks, frozen meals, fresh produce, and organic options at a very low price!

Popular items to look for:

- Cauliflower gnocchi
- Variety of hummus- pair with veggies
- Frozen fruit: acai, mixed fruit, coconut, mango
- Cauliflower stir fry
- Turkey burgers
- Vegan burgers (black bean, pea)
- Cauliflower crust (make your own pizza)
- Sunflower seed butter (like peanut butter)
- Quinoa and black bean chips

Healthy dips:

- Avocado tzatziki
- Spinach and kale greek yogurt dips
- Garlic hummus
- Buffalo hummus (spicy)

Healthy desserts:

- Dark chocolate almond butter cups
- Chocolate and coconut covered almonds
- Chocolate covered frozen fruit



Tips for Buying Frozen Items

When buying frozen items look for packages that say:

- “no additives”
- “no sugar added”
- “no artificial flavors or preservatives”

Buying frozen fruit and vegetables ensures that your produce will not go bad as quick as fresh produce. This can save time and money!





**To find out more about wellness programs
offered by Special Olympics New Jersey, please
contact our Healthy Communities Manager,
Amelia Hamilton, ARH@SONJ.org.**