

# Nutrition by Addition



Nutrition by addition is all about adding nutritious foods to your meals instead of worrying about cutting things out. It's a simple, realistic, and delicious way to boost your nutrition!

Start by asking yourself these questions to start adding more nutrition to your day:

- **When am I eating? Should I add a meal or snack?**
  - Aim to eat regularly, every 3-4 hours.
- **What am I eating?**
  - Are you missing a protein, fat, fiber source? Could you add some color?
- **What else can I add?**
  - Think about adding herbs, spices or more colorful foods to your plate.

## Try these Nutritious Additions:



### Flax Seeds

Adds fiber and fats

Add To:



Yogurt



Cereal



Smoothie



### Frozen Vegetables

Adds fiber and color

Add To:



Soup



Stew / Curry



Pasta



### Edamame

Adds protein, fiber and color

Add To:



Stir-fry



Salad



Soup



### Leafy Greens (Fresh or Frozen)

Adds fiber and color

Add To:



Wrap/Burrito



Noodles



Eggs



### Canned Salmon

Adds protein and fats

Add To:



Sandwich



Rice



Salad

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# Nutrition by Addition: Cravings



## What about Cravings?

You can enjoy a variety of foods without feeling like you need to cut out the foods you crave. Crave-able snacks are often low in nutrients. Instead of avoiding them, try adding some extra nutrition to make the snack more satisfying!

Try some of these snack or mini-meal ideas below with the food you're craving:

Craving		Combine with		
 Ice cream	+	 Pumpkin Seeds	+	 Berries
 Pretzels	+	 Hummus	+	 Cucumbers
 Chocolate	+	 Peanut Butter	+	 Apple
 Chips	+	 Greek Yogurt Dip, Tzatziki, or Raita	+	 Carrot Sticks
 Pastry	+	 Smoothie	+	 Hemp Hearts

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