How to Make Processed Foods Healthier

Processed foods are generally packaged foods that started as food from the garden, but have now been changed into a different form to keep it on the shelf longer, and for more convenience. Some canned foods (vegetables) are nutritious. Others may contain high amounts of salt, fat, and sugar.

The best way to improve the nutritional content of our meals when using processed foods is to dilute them by adding healthy options and stretching them to feed more people or into two meals instead of one. Add protein, fiber and more vitamins by adding vegetables, beans, fruits, nuts, and seeds.

Use fortified breakfast cereal and add fruit, yogurt, almond butter, or nuts and seeds.

This adds protein, and calcium and the

berries are good antioxidants.

Boxed macaroni and cheese can be made more nutritious with mixed frozen vegetables and added cheese melted on top. Add cubed meat for more protein. Serve bagged baby carrots on the side.

Eggs are a cheap and easy way to add protein to a meal. Add them to spaghetti and tomato sauce. Stir in a little hummus into your tomato sauce for some fiber, protein , calcium and iron.

Processed foods make a quick meal that can be made part of a healthy diet with a few simple additions to make them more nutritious.

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