

## Improving Nutrition and a Healthy Meal

In an effort to improve my family's nutrition, I have been making a lot of healthy changes to our diet over the past few months. As a homemaker, I am responsible for feeding my family and so am responsible for their nutrition and teaching them nutrition. Speaking from experience, I can say that fast food just doesn't fit the bill.

There are so many choices available to us that it can be hard to keep nutrition in mind. Try not to fall prey to this. A lot of what is offered in grocery stores is not nutritious at all and is only filling our bodies with unnecessary junk that either makes us fat or gives us other health problems. It is up to us to learn about nutrition and make choices according to this. To learn about nutrition, there are a variety of books on the subject and resources on the Internet. I would suggest doing a search on a search engine for 'nutrition'. This will most likely bring up all kinds of websites that offer nutritional advice. Be wary of sites that are selling supplements and stick to ones that offer information about getting nutrition from food.

One of my goals for improving nutrition is to reduce the amount of red meat in our diet. Red meat contains a lot of fat and by substituting fish or chicken, you're cutting back on a lot of fat and calories, therefore improving your nutrition. For us, this is hard to accomplish because we love a big juicy steak or hamburger. But, I'm discovering there are a lot of lighter, healthier options that my family enjoys just as much.

Here's a meal that has satisfied my 'meat and potatoes' family.

Baked Cod	1 pound cod filets
Broccoli, Crab Chowder	lemon pepper seasoning
Baked Potato	nonstick spray

Baked Cod

Preheat oven to 425°F. Spray a baking sheet with the nonstick spray, then arrange cod filets on it. Sprinkle with lemon pepper seasoning to taste, then bake for 10-15 minutes or until fish flakes easily with a fork.

Broccoli, Crab Chowder	2 Tbsp butter
2 cups water	3 Tbsp all-purpose flour
2 teaspoons chicken bouillon granules	1 1/4 cups milk
1 large head broccoli, cut into pieces, including the stems	1/2 pound imitation crab, or real if you prefer

Combine the water and bouillon granules in a large saucepan. Add the broccoli and cook until very tender, about 6 minutes. Put the broccoli mixture into a food processor or blender and process until smooth. Meanwhile, in the same saucepan you cooked the broccoli in, melt the margarine over medium heat. Add the flour and cook until bubbly. Add the milk and whisk until smooth. Cook until thickened and bubbly. Add the imitation crab and the broccoli mixture to the milk mixture and heat until heated through.

For the baked potatoes, you can microwave them or bake them, whichever you prefer. When you dress your potato with condiments, be sure to stay away from the fatty stuff. Use nonfat sour cream, nonfat yogurt, low-fat cheese, chives or salsa instead of regular sour cream and butter.

For you meat and potatoes lovers, I hope you'll try this, it is very good and satisfying.