

Eat Better America

www.livebetteramerica.com

Summary: A website for adults that offers simple ways to eat healthy.

Details: Eat Better America is a website developed to do exactly that- help consumers eat better! This website offers educational materials to help people find and create healthy and delicious recipes. The website, which is free to join, displays hundreds of traditional homemade meals, then offers healthier ways to make the featured recipes with simple substitutions. Comparisons of nutrition facts are displayed to show how much small substitutions can affect the content of the meals. For example, a spinach and rice casserole is featured with traditional ingredients and then the websites' "healthified" version. The websites' version cuts 170 calories, 13 grams from total fat, 6 ½ grams from saturated fat, and adds 1 grams of dietary fiber per serving. Each recipe includes vitamin and mineral percentages, exchanges, and cooking directions.

The recipes featured on Eat Better America are practical and family favorites. With a large variety of delicious recipes each member is sure to find plenty of foods they desire. Each recipe has been tested and tasted by dietitians and experts and is based on the American Heart Association and American Diabetes Association dietary recommendations.

Sample Recipes:

- Yogurt-bran muffins
- White chicken chili
- Tomato and basil flatbread pizza
- Spinach manicotti
- Strawberry cream tart
- Mediterranean chicken pea salad
- Stuffed chicken parmesan

For more healthy ideas see, [Meal and Snack Time Tips](#).