



Sauce It Up Chart



For meats, veggies, and healthy starches that are on the drier side, your meal might benefit from some saucy oomph. We're talking texture AND taste. Not only will drier foods go down easier, but for many people sauce adds flavor appeal.

Remember: A little goes a long way. Think smidge, pinch or a dash. Too much of a booster ingredient can add unnecessary sodium and calories, even making foods too soggy and distasteful. So use a light, mindful touch here. Choose lite, low-sodium, low-cal options when available.

* Indicates more modest calories, typically.

Get sassy with these sauces...



Olive Oil
(including
flavored
varieties)



Teriyaki sauce



Fruit
Juices



Flavored
Water*
(try it on veggie &
starches you'll see
what we mean)



Salsa &
Pico de Gallo*



BBQ Sauce



Soy Sauce



Hummus*



Salad Dressings



Apple Cider
Vinegar*



Chicken, Veg
or Beef Broth



Marinara or
Veg Tomato
Sauce



Squeeze or
Spritz of Lemon,
Orange or Lime
Juice*



White & Rice
Wine Vinegar*



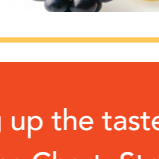
Apple Sauce



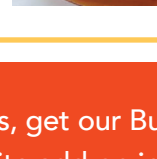
Pesto Sauce



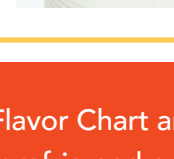
Mustard*
(mix with a bit
of olive oil or a
flavored vinegar to
liquify)



Other Flavored
Vinegars*
(such as apple,
pineapple,
orange)



Hot Sauces*



Juice from
canned fruits

For more about amping up the taste of healthy foods, get our Bump-Up-Veggie-Flavor Chart and our Jazz-Up-Healthy-Starches Chart. Stocking your favorite add-on ingredients in your fridge and cupboards, so you have them at your fingertips, makes sense ...and makes healthy foods more likely to be eaten. So does posting this, and our other flavor charts, inside your kitchen cabinets for easy access each day.