

SWAP AND ADD SOME KEY INGREDIENTS TO MAKE TACO TUESDAY A LOT HEALTHIER ▶▶▶



////// The ultimate tacos can be healthy & tasty

/// Swap This for That

There are some easy food swaps to make your favorite taco recipe healthier. Swap fatty meats for grilled chicken or fish, or substitute avocados for cheese for the healthier unsaturated fats¹.

/// Add This not That

Add an extra boost of vitamins to your tacos by topping with canned beans, jarred salsa, grilled vegetables, diced tomatoes and/or shredded lettuce. If you are a sour cream lover, consider trying plain Greek yogurt as an alternative!

////// Adding color has huge benefits

When in doubt about whether you are getting all your vitamins and minerals, try to make your taco plate as colorful as possible! Here is some inspiration:

/// Yellow Mangos are a good source of Vitamin C as well as fiber, which can help support good gut health².

/// Orange Bell peppers are a good source of Vitamin C and can help support a healthy immune system.

/// Red Tomatoes and canned salsa are a good source of vitamin C and can help support a health immune system.

/// Green Cilantro is a dietary source of iron, which helps transport oxygen³ in the blood and magnesium⁴ which can help helps to regulate blood pressure and blood sugar⁵.

¹ Dietary Guidelines for Americans. "Cut Down on Saturated Fat", www.dietaryguidelines.gov/node/390

² Cleveland Clinic. [Mango Benefits: https://health.clevelandclinic.org/mango-benefits](https://health.clevelandclinic.org/mango-benefits)

³ National Library of Medicine, Review on iron and its importance for human health, www.ncbi.nlm.nih.gov/pmc/articles/PMC3999603/

⁴ Cleveland Clinic. <https://health.clevelandclinic.org/do-you-love-or-hate-cilantro-the-reason-may-surprise-you>

⁵ Magnesium: <https://www.health.harvard.edu/staying-healthy/precious-metals-and-other-important-minerals-for-health>





Eating right isn't just about calories...

While you may be eating enough calories to feel full throughout the day, you may still be falling short on important vitamins and minerals. Slight changes to individual parts of a meal can make a big difference. Why? The food and drinks you consume can have a great impact on your health. So make every bite count and fuel your mind and body with vitamins and minerals to support your health.

OptUP™ can you find the right balance

We know eating healthy can feel hard. OptUP™ can help this feel less daunting. You don't have to give up your favorite foods just to eat a healthy diet. Rather than avoiding your favourite foods, consider how you can make your meal even that much more delicious and nutritious by adding vitamins and minerals to your plate. The OptUP™ scoring system in the Kroger App helps you easily identify the tasty and healthy taco ingredients.



[Check out the Kroger App - OptUP™ included](#)

Need help filling nutritional gaps?

You should always try to get your vitamins and minerals from food first. That said, nutritional supplements can help provide the important vitamins and minerals we need to support our overall health and wellbeing.

Take care, now by fuelling your body right:



SCAN CODE FOR
**FREE, HEALTHY &
EASY RECIPES**

**TAKE
CARE,
NOW**

