



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.