



Lighten Up!

Eating Well Is Easy

Forget about why you feel it is hard to eat well and make it easy on yourself. Use these tips to get you over the obstacles to a healthy meal:

I don't have time:

- If you grab ready to eat portions at the grocery store, grab ones without sauce and ones that are baked or broiled.
- Take just a few minutes each week to write out a meal plan so you don't have to do it each day.
- Cook three or four meals at a time when you have an hour or two in the kitchen – then freeze and save.
- Consider using a crock pot for full meals that can cook while you do other things around the house.
- Frozen vegetables are quick to cook and low in sodium.

It's too expensive:

- Consider that eating at home or taking meals to work is much cheaper per meal (and you have more control) than eating out.
- Use a grocery list to avoid impulse buys and use coupons (but only for things you need).
- Consider store brand products and compare “per ounce” stickers to save per serving.
- Buying in bulk can often be cheaper – separate goods into single servings when you get home and store extras.
- Save money (and calories) by serving meals on smaller plates. You could easily get an extra meal or two from each thing you cook.

I don't know how:

- When learning to cook, start with some simple recipes, then try harder ones as you feel more comfortable.
- Recruit help in the kitchen from other friends or family members.
- Try consulting some picture cookbooks, take a cooking class or search online for some videos with tips.

It's not fun:

- Make it fun to cook by inviting others to help.
- Enjoy your meal – sit down at the table to eat and talk, rather than just eat in front of the TV.
- Pick foods you enjoy – if they are high in fat or sugar, try to find some healthy substitute ingredients
- When cooking for groups, pick recipes you can modify to make fun for all (i.e. tacos, pizza, salad) where each person can add their own ingredients.
- Let each family member pick at least one meal per week – it is okay if it's sometimes something “unconventional”.

Grab and Go!

No Muss, No Fuss Snacks:

- Fruit and yogurt parfait
- Carrots with 1/4 cup hummus
- 1 serving wheat thins with 1 string cheese
- 1 granola bar and 1 cup coffee with skim milk
- 1 fat-free plain yogurt with 1 tablespoon honey
- 3 tablespoons each raisins and dry-roasted pistachios
- 1 Clementine and 1 ounce (about 22) roasted almonds
- 1 ounce each dark chocolate chunks and pretzel nuggets
- 1 slice low-fat cheddar cheese, 6 Wheat Thins, and 1 pear
- Celery sticks with 2 tablespoons reduced-fat peanut butter
- 1 tablespoon peanut butter with 1 sliced Granny Smith apple
- Celery sticks with 2 tablespoons low-fat blue cheese dressing
- Half of a whole wheat bagel with 1 tablespoon cream cheese
- 2 Fig Newton cookies and 1 cup skim milk or plain light soy milk
- 1/2 cup low-fat chocolate ice cream (such as Edy's Slow Churned)
- 1 low-fat chocolate pudding with 1/4 cup thawed frozen raspberries
- A handful of grapes, 1 slice Swiss cheese, and a dozen roasted almonds
- 15 baked tortilla chips (about 1 ounce) with 1/4 cup fresh or premade salsa
- 1 rice cake with 1/2 sliced banana and 1 tablespoon reduced-fat peanut butter
- 1/2 cup frozen yogurt with 1/4 cup sliced strawberries and 1 tbs chocolate sauce - yup...chocolate sauce



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