



Eating Healthy at Home

When fresh ingredients are not available, use this helpful guide to create balanced, tasty meals using frozen, canned, and shelf stable ingredients.

<u>GRAINS</u>	<u>FRUITS & VEGETABLES</u>	<u>PROTEIN FOODS</u>
Whole wheat pasta	Canned vegetables*	Canned tuna
Brown rice	Canned fruit*	Canned chicken
Bulgur	Frozen vegetables	Canned salmon
Whole wheat couscous	Frozen fruit	Canned beans
Quinoa	Tomato sauce or paste**	Canned refried beans
Whole wheat bread*	V8 juice**	Dried beans
Whole wheat wraps*	Root vegetables***	Dried lentils
Whole wheat tortillas*	Squash vegetables ****	Frozen meat
Whole wheat English muffins*	Shelf stable Fruit	Frozen seafood
Potatoes	Frozen vegetable dumplings	Edamame
Frozen brown rice	Cabbages	Tofu or Tempeh
Frozen quinoa	Heads of lettuce	Eggs
	* Rinse thoroughly to decrease sodium and added sugar	Nut butter
	** Select low sodium	Nuts
	*** Carrots, onions, turnips, beets, fennel, rutabaga, garlic, ginger	Seeds
	**** Acorn, spaghetti, butternut	
* Store in the freezer		

Nutritious Tips:

- Plant based meals tend to include more shelf stable ingredients, experiment with new plant based recipes such as vegetarian chili or vegetable stir fry
- Canned items tend to have more sodium or added sugar. Solution! Just rinse thoroughly, problem solved!
- Fresh produce is still an option, just select shelf stable options such as apples, oranges, carrots, celery, heads of lettuce,

Meal Ideas:

- Chicken/tuna/salmon salad: Canned protein + Celery + Low fat mayonnaise
- Chili: Canned beans + Ground protein (optional) + Frozen/canned vegetables + Canned Tomatoes
- Noodle/Rice Soup: Stock or broth +Frozen/canned vegetables + Noodles or Rice
- Stir Fry: Frozen vegetables + Frozen shrimp (optional) + Brown rice
- Burrito: Rice/quinoa + Beans + Cheese + Whole wheat tortilla
- Pasta Dish: Whole wheat pasta + Frozen vegetables + Tomato sauce
- Omelet: Eggs + Frozen vegetables + Cheese (optional)



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Mindful Eating:

- Create a routine at home. Aim to eat all three meals and only snack if meals are going to be more than 4 hours apart. When food is easily accessible mindless snacking and grazing can lead to over consumption. Below is a suggested daily routine, feel free to modify as needed:

8:00am	Rise and Shine
8:15-8:45am	Coffee and Breakfast
8:45am-9:00am	Go for a 10 minute walk or home yoga routine
9:00-10:30am	Work on schoolwork, a special project, job related tasks
10:30am-10:45am	Take a break, go for a 10 minute walk
10:45am-12:00pm	Work on schoolwork, a special project, job related tasks
12:00pm-12:30pm	Time for a balanced Lunch
12:30pm-2:30pm	Work on schoolwork, a special project, job related tasks
2:30pm-2:45pm	Take a break, do a 10 minute breathing exercise
2:45pm-5:00pm	Work on schoolwork, a special project, job related tasks
4:00pm	Is it time for a snack? Check in with Hunger Fullness.
5:00pm-5:30pm	Take a break, go for a long walk or do a 20 minute exercise routine at home
5:30pm-6:30pm	Prepare and enjoy a delicious Dinner
6:30pm-9:30pm	Unwind with family, do a fun activity, watch your favorite show
9:30pm-10:00pm	Power down electronics and prepare for sleep
10:00pm	Goodnight!

- Try to create a balanced plate at each meal and sit down to eat. Make mealtime an event, connect with your family and limit the use of screens.
- Each meal should have multiple food groups: grain, protein, fruit, vegetable, dairy. How many food groups can you fit on your plate?
- When you feel hungry for a snack, try having the snack away from a screen. Your brain will find more satisfaction when you mindfully eat versus mindlessly eating in front of the TV or computer.