



Eating Alone and Loving It

Eating alone doesn't mean you have to sacrifice good nutrition and tasty food. Planning can make your meals pleasant and healthy.

- Take time to plan at least a week's menus
 - ▶ Once several weeks' menus are written- reuse
 - ▶ Shop with a list when you are not hungry
- Divide and Conquer
 - ▶ Make recipes in large amounts and freeze in small labeled containers
 - ▶ Reduce amounts of ingredients in recipes to make fewer servings
- For Each Meal, Plan
 - ✓ 1 serving of milk
 - ✓ 1 serving of protein food
 - ✓ at least 1 grain or bread
 - ✓ at least 1-2 servings of fruit and vegetables
- Limit Fatty Foods and Foods High in Added Sugar
 - ▶ Fry seldom
 - ▶ Use fruit for dessert
 - ▶ Use a little diet margarine or oil to season if needed
 - ▶ Use reduced fat or non-fat dairy foods
- Look for Unit Pricing
 - ▶ Label or sign on the shelf that shows price per ounce or item
 - ▶ Do own calculation if not done by store

Unit Price

Product Price

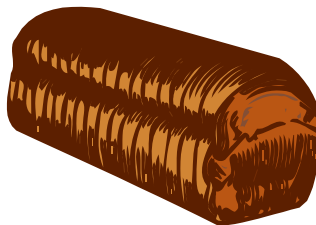
Divided by

Number of ounces or items in package

Shop and Store Smart

Breads

- ❖ Store in freezer
- ❖ Thaw on counter, microwave or toaster

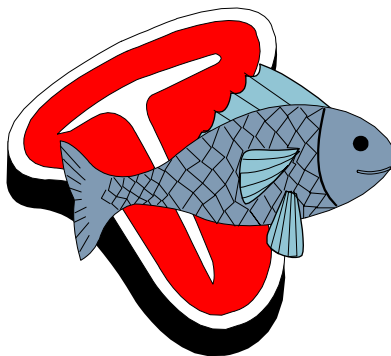


Vegetables and Fruits

- ❖ Buy fresh in small amounts
- ❖ Buy larger bags of frozen
- ❖ Buy canned on sale - store up to one year

Meat, Poultry and Fish

- ❖ Buy meat and poultry in larger packages on sale
- ❖ Wrap individually in plastic wrap
- ❖ Store in labeled one gallon freezer bag
- ❖ Eat fresh fish the day purchased or store on ice for 24 hours or freeze



Dairy and Eggs

- ❖ Buy in small quantities
- ❖ Keep well covered in refrigerator

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