
HEALTHY MEALS

Strategies for planning meals that will boost your health

Meal Planning Tips:

- Try planning just a few meals a week instead of setting up a program for all seven days.
- Have everyone in the family contribute their menu ideas and meal likes and dislikes.
- Keep MyPlate in mind as you go. Fill half your plate with fruits and vegetables, then stock the other half with a lean protein and a whole grain, then add low-fat dairy on the side.
- Make sure that the refrigerator, freezer, and pantry are stocked with healthful foods — especially a variety of fruits and vegetables. After all, how can you fill half your plate with fruits and vegetables if there aren't any fruits and vegetables in the house?

Why Plan Ahead?

Why plan meals ahead of time? Why make the time to shop for healthful ingredients and cook at home, especially in this busy age? Well, it all comes down to research. Home management experts assert that planning meals ahead of time is the number one way to save time, have balanced meals, control the food budget, avoid food waste, and reduce trips to the grocery store. So, how can you reap these benefits? Try the tips in the sidebar and you'll be on your way to healthful, balanced meals at home.

