Healthy Eating Tips

- Eat whole foods: Vegetables, fruits, whole grains, beans, nuts, meat, fish, eggs, and dairy
  - Shop the perimeter of grocery store
  - Look at ingredients list: choose foods with short list of recognizable ingredients
  - Ask yourself, “Did this food exist in the 1800s?”
- Keep healthy food on hand to reduce the temptation of making less healthy choices
- Keep a grocery list in the kitchen and add staple items to list when supply runs low
- Find 5 to 10 go-to recipes that are healthy and easy to prepare
  - Try to make recipes flexible using different grains, vegetables, protein sources
- Batch cooking: cook extra on less busy days, portion out servings, and freeze/refrigerate
- One-dish meals often save cooking time and use fewer dishes
- Plan ahead!
  - Plan week’s meals in advance and use meal plan to create shopping list
  - Consider meal-planning services, such as Cook Smarts, eMeals, or the Fresh 20
  - Consider using Peapod for convenience and to reduce impulse buys
  - Prep ingredients ahead of time and/or enlist help from other family members

Healthy Snacking

- Snacking is an optional part of a healthy diet
- If you do snack, have them during the day. Avoid snacking at night.
- Healthy snacks are whole foods:
  - Nuts
  - Fruit
  - Vegetables
  - Dairy
  - Whole grains
- Balance your snacks (as well as your meals) with a good source of protein
  - Meat and fish
  - Nuts and beans
  - Dairy
  - Eggs
- Examples of healthy snacks:
  - Vegetables and hummus
  - Plain Greek yogurt with berries
  - Dried fruit and nuts
  - Apple and natural peanut butter

Questions?

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