

Healthy Eating Tips

- Eat whole foods: Vegetables, fruits, whole grains, beans, nuts, meat, fish, eggs, and dairy
 - o Shop the perimeter of grocery store
 - o Look at ingredients list: choose foods with short list of recognizable ingredients
 - o 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
 - o 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!
 - o Plan week's meals in advance and use meal plan to create shopping list
 - o Consider meal-planning services, such as Cook Smarts, eMeals, or the Fresh 20
 - o Consider using Peapod for convenience and to reduce impulse buys
 - o 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:
 - o Nuts
 - o Fruit
 - o Vegetables
 - o Dairy
 - o Whole grains
- Balance your snacks (as well as your meals) with a good source of protein
 - o Meat and fish
 - o Nuts and beans
 - o Dairy
 - o Eggs
- Examples of healthy snacks:
 - o Vegetables and hummus
 - o Plain Greek yogurt with berries
 - o Dried fruit and nuts
 - o Apple and natural peanut butter

Questions?

Contact Steven Lalevich, RD at slalevic@indiana.edu