MOVE!®

Eating at Home

Eating wisely at home not only saves you money, but can also help you cook healthier food options that save on calories. Here are some tips that you should keep in mind when preparing food at home:

- Take control of your food, and plan ahead for healthy meals and snacks.

- Keep your pantry and refrigerator stocked with healthy choices such as vegetables, fruits, and whole grains for convenient healthy meals and snacks.

- Use a plate or bowl and never eat out of boxes, bags, or cartons unless they are single servings.

- Use smaller bowls, plates, and glasses.

- Eat at the table for every meal. Eating in front of the TV, computer, or at your desk can cause you to overeat.

- Fix your plate in the kitchen. Serve your meal in a buffet style, leaving the serving bowls in the kitchen so you are not tempted to eat more.

- Make half your plate veggies and fruits. Choose red, orange, and dark green vegetables such as tomatoes, sweet potatoes, and broccoli.

- Twice a week, make seafood the protein on your plate. Other days choose lean protein such as beef, pork, chicken, turkey, beans, or tofu.

- Avoid extra fat found in heavy gravies or sauces.

- Aim to make at least half your grains whole grains. On the food label look for words like "100% whole grain" or "100% whole wheat."

- Try new foods. Keep meals interesting by trying foods you've never had before, like lentils, mango, or kale. You might find a new favorite!

- Pack up leftovers and use them tomorrow. It'll save you time for the next day's meal!

- Preparing and eating food can be enjoyable. Have fun making healthy foods. Eat slowly; savor the taste and textures, paying attention to how you feel.

- Be mindful. Eating very quickly can cause you to eat too much. Take time to relax and enjoy your food!