

Healthy Meal Planning

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Agenda

- Background information
- Weekly meal planning and shopping lists
- Stocking pantry
- Expiration of foods
- A day to prepare
- Technology
- Dinning out successfully

Background information

- Americans are now spending over \$140 billion on fast food each year
- American Heart Association recommends limiting the amount of trans fats you eat to less than 1% of your total daily calories, which is less than 2 grams per day for a 2,000 calorie diet
 - Fast food
 - Processed foods
- A cheeseburger happy meal with fries and a Sprite at McDonalds has 640 calories and 24 grams of fat. This is over half of the total calories many children should be eating in a day.
- New research has shown that the “FAT” gene only contributes when individuals live a sedentary life style and do not have healthy diets.

Benefits of Meal Planning

- Eating out less
- Save money
- Variety of meals
- Planning for busy days
- Less stress
- Less prepackaged meals
- **HEALTHIER** options

Weekly Meal Planning

- Grocery Shopping List
 - Include recipe ingredients
- Weekly Menu
 - Refrigerator or Bulletin board.
- Keep a sheet of paper on your refrigerator for future meal ideas.
- Plan meals for the week around what you already have in stock
- Plan menu for foods that are in season

Weekly Meal Plan and Shopping List

	 Menu	 Produce	 Dairy & Refrigerated	 Meat, Poultry & Fish	 Frozen	 Dry Goods & Miscellaneous
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Weekend						
Miscellaneous						

Stocking Pantry

- Heavily stock pantry with items you eat often
- Know what is in your pantry so you do not waste
- Organize pantry
- Organize recipes



Expiration of Foods

- The only items required by federal law to be labeled for expiration are infant formula and some baby foods; some states also mandate pulling dairy from store shelves on the expiration date.
- "Sell by" date
- "Best if used by (or before)" date
- "Born on" date
- "Guaranteed fresh" date
- "Use by" date
- "Pack" date

A Day to Prepare

- Pre-cut veggies
- Pre-cut fruits
- Divide out pre-measured portions
- Cook enough of your weekly food staples for the whole week. Ex. Chicken breast
- Make healthy soups or casseroles and freeze.

Technology

- Apps
 - Grocery Gadget
 - Mise En Place 1.0: Meal Planning for the iPhone
 - Everyday Food on the iPad
 - Relish
- PC Programs
 - Sparkpeople.com- Free
 - Diet Master 2100- \$24.95
 - Diet Power- \$19.95

Dining Out Successfully

- Access menu to restaurants
- Have a healthful snack before going out
- Always ask how menu items are prepared. Choose baked, broiled, poached, steamed, or grilled. Avoid fried, deep-fried, creamed and blackened.
- Be specific about how you want your meal prepared.
- Eat slowly and SAVOR every last morsel.
- If you happen to overeat, re-focus IMMEDIATELY on your goals of healthful eating and regular exercise, instead of waiting to start over again the next day.

Summary

- Organize
- Plan ahead
- Substitute with healthier options
- Enjoy eating out, but try to stay on track
- Take advantage of technology
- Lastly.....prepare to feel and look better 😊

References

- [CDC.gov](https://www.cdc.gov)
- American Heart Association
- [RD411.com](https://www.rd411.com)