

Title:

Convenience Food Tips

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Summary:

While it would be ideal to make all of our own snacks and meals from scratch everyday, the pla

Shop Smart - Never shop on an empty stomach. This will only make it harder for you to make cho

Keywords:

Article Body:

While it would be ideal to make all of our own snacks and meals from scratch everyday, the pla

Shop Smart - Never shop on an empty stomach. This will only make it harder for you to make cho

Reach for the smaller bags and boxes of what you need when possible. The less food you have le

Read Labels - All convenience foods are not the same. Depending on your chosen diet, some will

Many snack foods come in different versionsÑlow fat, reduced fat, low calorie, low carbohydrat

Remember that different labels can mean entirely different things. The following list may help

No calorie: Less than 5 calories per serving

Low calorie: Less than 40 calories per serving (or less than 120 calories per meal)

Reduced calorie: 25% less calories than the same amount of a similar food

No fat: Less than 0.5g fat per serving

Low fat: Less than 3g fat per serving (less than 30% of calories from fat per meal)

Low saturated fat: Less than 1g fat per serving

Reduced fat: 25% less fat than the same amount of a similar food

No cholesterol: Less than 2mg cholesterol per serving

Low cholesterol: Less than 20mg cholesterol per serving

Reduced cholesterol: 25% less cholesterol than the same amount of a similar food

No salt: Less than 5mg sodium per serving

Low salt: Less than 140mg sodium per serving

Reduced salt: 25% less sodium than the same amount of a similar food

No sugar: Less than 0.5g sugar per serving

Low sugar: No requirementsÑmake sure to read the label

Reduced sugar: 25% less sugar than the same amount of a similar food

As you can see, eating six servings of a no-fat food can actually total as much as 3g of fat.

Trim the Fat - Just because a macaroni and cheese frozen dinner is oozing extra cheese doesnÕt

When you take a frozen meal out halfway to stir it, remove or blot away any excess oils and fa

If rice or pasta calls for a heaping tablespoon of butter, opt instead for a conservative teas

Milk and cookies is a long-time favorite, but try for milk and crackers next time. Experiment

Portion Control - It's easy to lose track of how much you've eaten when you drink or eat straight from the container. When you do buy items like chips or pretzels, locate the appropriate serving size on the nutrition label. In this same spirit, when snacking on any food, separate a single serving's worth and put it away. Try not to make the original packages easily accessible. Purchasing a bag re-sealer is more effective. Fast Food - Ideally, fast food should be avoided. However, the ever-expanding menus at many of the chains are making it easier. Look for grilled meals instead of fried. Opt for alternate sides instead of French fries if possible. Ask for substitutions if a menu item is not quite ideal. For example, you can request a hamburger with a baked potato instead of french fries. Make Your Own - There's no rule that says only store-bought, pre-packaged foods are convenient. Buy fruits, vegetables, deli meats, and cheeses to snack on, and prepare them ahead of time by freezing them in airtight containers. Voila! Now you have your own frozen dinners (or lunches, or snacks) with much healthier contents.

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