

Quick and Healthy Meal Ideas

Looking for ways to save time while still eating healthy? You can save time and money by preparing larger quantities of healthy foods and freezing individual portions to use later.

There are also many healthy frozen dinners available in the supermarket. They can be low in fat and calories but they may not meet other nutritional needs such as fiber and calcium. It is a good idea to supplement these meals with a salad, freshly steamed frozen veggies, a piece of fresh fruit, and/or a cup of nonfat or 1% milk or yogurt. Each of these side dishes will add less than 100 calories and give you a feeling of fullness.

Guidelines for choosing a healthy frozen dinner:

- 300-500 calories
- 3 or less grams of fat for every 100 calories
 - For example: 300 calories, 9 grams of fat
- Less than 3 grams of saturated fat
- Less than 600 milligrams of sodium
- 3-5 grams of fiber (or more!)
- $\geq 10\%$ of the Recommended Daily Value of vitamins or minerals
- 10-20 grams of protein

Some brands claim to be lighter and healthier, such as Lean Cuisine and Healthy Choice. Most are low in fat, saturated fat and sodium, but there are no guarantees. You still need to read the Nutrition Facts on the label to be certain.

12 Healthy Options WebMD

There are too many healthy frozen dinners on the market to list, but here are 12 of the healthiest to consider when choosing your next frozen entrée. All are relatively low in calories and fat, have some protein for satiety, and are not too high in sodium (see next page):

	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Fiber (g)	Prot. (g)
Kashi Mayan Harvest Bake	340	9	1	380	8	9
Healthy Choice Cajun Style Chicken and Shrimp	260	4	1	570	3	15
Lean Cuisine Sundried Tomato Pesto Chicken	290	9	2	570	4	18
Healthy Choice Pumpkin Squash Ravioli	300	6	2.5	600	6	9
Kashi Black Bean Mango	340	8	1	430	7	8
Lean Cuisine Beef Chow Fun	320	5	1.5	520	3	15
Smart Ones Thai Style Chicken Rice Noodles	260	4	.5	570	2	14
Healthy Choice Sweet Asian Potstickers	380	4.5	1	600	6	8
Lean Cuisine Glazed Chicken	220	3.5	1	500	1	21
Kashi Ranchero Beans	340	7	1	570	11	12
Smart Ones Cranberry Turkey Medallions	350	4.5	1	560	4	18
Healthy Choice Café Steamer 5 Spice Beef & Vegetable	290	4.5	1.5	560	4	14