Eating Alone and Loving It

Eating alone doesn’t mean you have to sacrifice good nutrition and tasty food. Planning can make your meals pleasant and healthy.

• Take time to plan at least a week’s menus
  ▶ Once several weeks’ menus are written- reuse
  ▶ Shop with a list when you are not hungry

• Divide and Conquer
  ▶ Make recipes in large amounts and freeze in small labeled containers
  ▶ Reduce amounts of ingredients in recipes to make fewer servings

• For Each Meal, Plan
  ✓ 1 serving of milk
  ✓ 1 serving of protein food
  ✓ at least 1 grain or bread
  ✓ at least 1-2 servings of fruit and vegetables

• Limit Fatty Foods and Foods High in Added Sugar
  ▶ Fry seldom
  ▶ Use fruit for dessert
  ▶ Use a little diet margarine or oil to season if needed
  ▶ Use reduced fat or non-fat dairy foods

• Look for Unit Pricing
  ▶ Label or sign on the shelf that shows price per ounce or item
  ▶ Do own calculation if not done by store

<table>
<thead>
<tr>
<th>Unit Price</th>
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<tbody>
<tr>
<td>Product Price</td>
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<tr>
<td>Divided by</td>
</tr>
<tr>
<td>Number of ounces or items in package</td>
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</tbody>
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Shop and Store Smart

**Breads**
- Store in freezer
- Thaw on counter, microwave or toaster

**Vegetables and Fruits**
- Buy fresh in small amounts
- Buy larger bags of frozen
- Buy canned on sale - store up to one year

**Meat, Poultry and Fish**
- Buy meat and poultry in larger packages on sale
- Wrap individually in plastic wrap
- Store in labeled one gallon freezer bag
- Eat fresh fish the day purchased or store on ice for 24 hours or freeze

**Dairy and Eggs**
- Buy in small quantities
- Keep well covered in refrigerator

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