

Finding a Healthy Frozen Meal:

Using frozen meals can help you achieve your nutrition goals. But, you must be aware of what you are buying. Frozen meals can be very high in calories, fat, and sodium. Reading the food label and keeping these tips in mind can help you maintain a heart healthy diet while enjoying the ease of frozen meals!

1. Choose frozen meals that have foods from each food group, especially fruits and vegetables.
2. Prepare a side salad or add steamed vegetables to your frozen entrée to provide additional nutrients,
3. Using the food label on meals, choose ones with....
 - a) Calories between 300-500
 - b) Less than 600 mg of Sodium
 - c) No more than 2-3 g of Saturated Fats and No Trans Fats!
 - d) At least 5 g of Fiber....if fiber content is low, adding steamed vegetables and a piece of fresh fruit can help to increase it!
 - e) Protein levels between 14-21 g
 - f) No added gravies, sauces, or fried items. Those choices tend to be much higher in calories, fats and sodium.

Preparing more foods at home can help you meet your nutrition goals and maintain a more heart healthy meal plan. Using frozen meals can help you monitor portion sizes and provide for an easy alternative. Be smart, be healthy and enjoy your meals!



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