

Be Well, Live Well: Be Creative

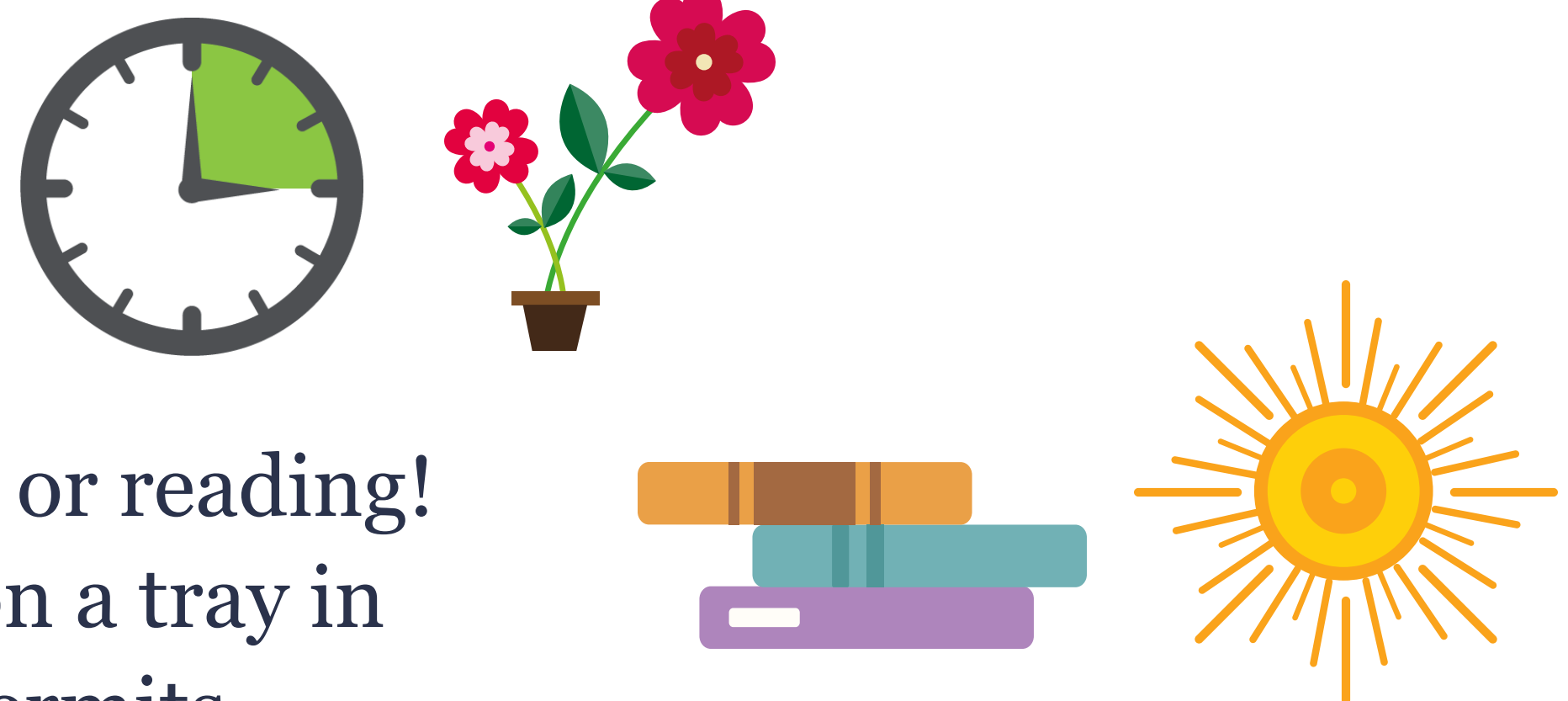
Be Aware! Eating alone can contribute to:

- A "why bother" mindset
- Less time spent on cooking
- Skipped meals which leads to snacking
- Decrease in diet quality and variety
- Changes in weight



Tips for when eating alone:

- Make mealtimes consistent
- Set an attractive place setting
- Multitask- try eating while listening to music or reading!
- Eat in a different location such as at a desk, on a tray in the living room, or outdoors if the weather permits.

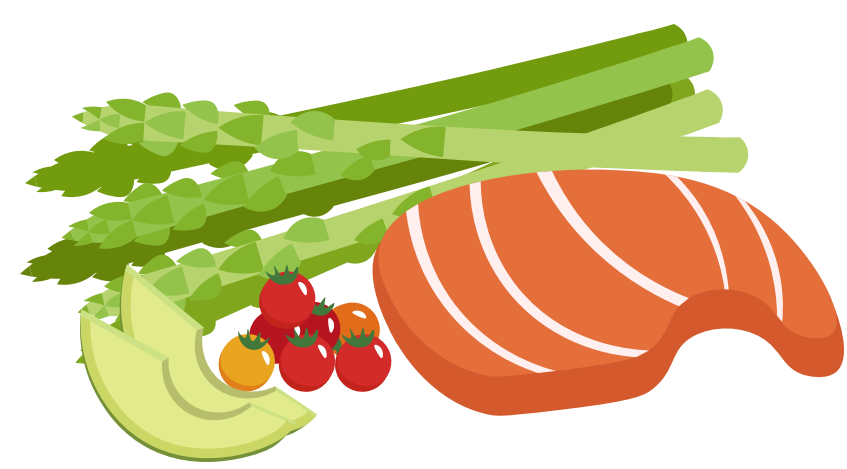


When downsizing the kitchen, consider the following!



Convenience

Keep easy to prepare foods on hand to improve diet quality and food variety in a pinch!



Nutrition

Pre-prepared and pre-packaged foods are often high in sodium and added sugars. Read the nutrition facts label and select brands with the lowest amount!



Cost

The best value may no longer be the best choice. Purchasing items in smaller quantities instead of bulk can reduce food waste, save money, and enhance food variety!



Food Safety

If you purchase items in bulk, or prepare a large quantity of food, make sure to promptly portion and freeze to ensure safe food!

Saving food for later:

- When food will not be eaten in 2-3, days it should be frozen or thrown out.
- When making large recipes, prepare as directed. Then, promptly portion into small servings, label, and freeze!
- Planning to use a frozen food item you just made? Make sure to thaw the food item in the refrigerator and heat thoroughly to a safe internal temperature before eating!



Build Your Own: Overnight Oats

Build your Base! In a jar, add:



1/2 cup dried old-fashioned oats



150 Calories
27 g Carbohydrates



1/2 cup liquid of your choice



2% Milk
62 Calories
6 g Carbohydrates



Water
0 Calories
0 g Carbohydrates



Light Cranberry Juice
25 Calories
5 g Carbohydrates

Pick your toppings!

Get Fruity: Add fiber!



1/4 cup Dried Cranberries, Reduced Sugar
100 Calories
31 g Carbohydrates



1/2 cup Peaches, Canned, in Juice
55 Calories
14 g Carbohydrates



1/2 cup Blueberries
42 Calories
11 g Carbohydrates

Get Nutty: Add healthy fat!



1/4 cup Almond Slivers
156 Calories
14 g Total Fat



2 tablespoons Peanut Butter
188 Calories
16 g Total Fat



1/4 cup Pecan Halves
171 Calories
18 g Total Fat

Get Sweet: Add a little flavor!



1/2 tablespoon Honey
30 Calories
9 g Added Sugars



1/2 tablespoon Brown Sugar
17 Calories
5 g Added Sugars



1/2 tablespoon Maple Syrup
17 Calories
5 g Added Sugars

Get Creative: Add some spice!



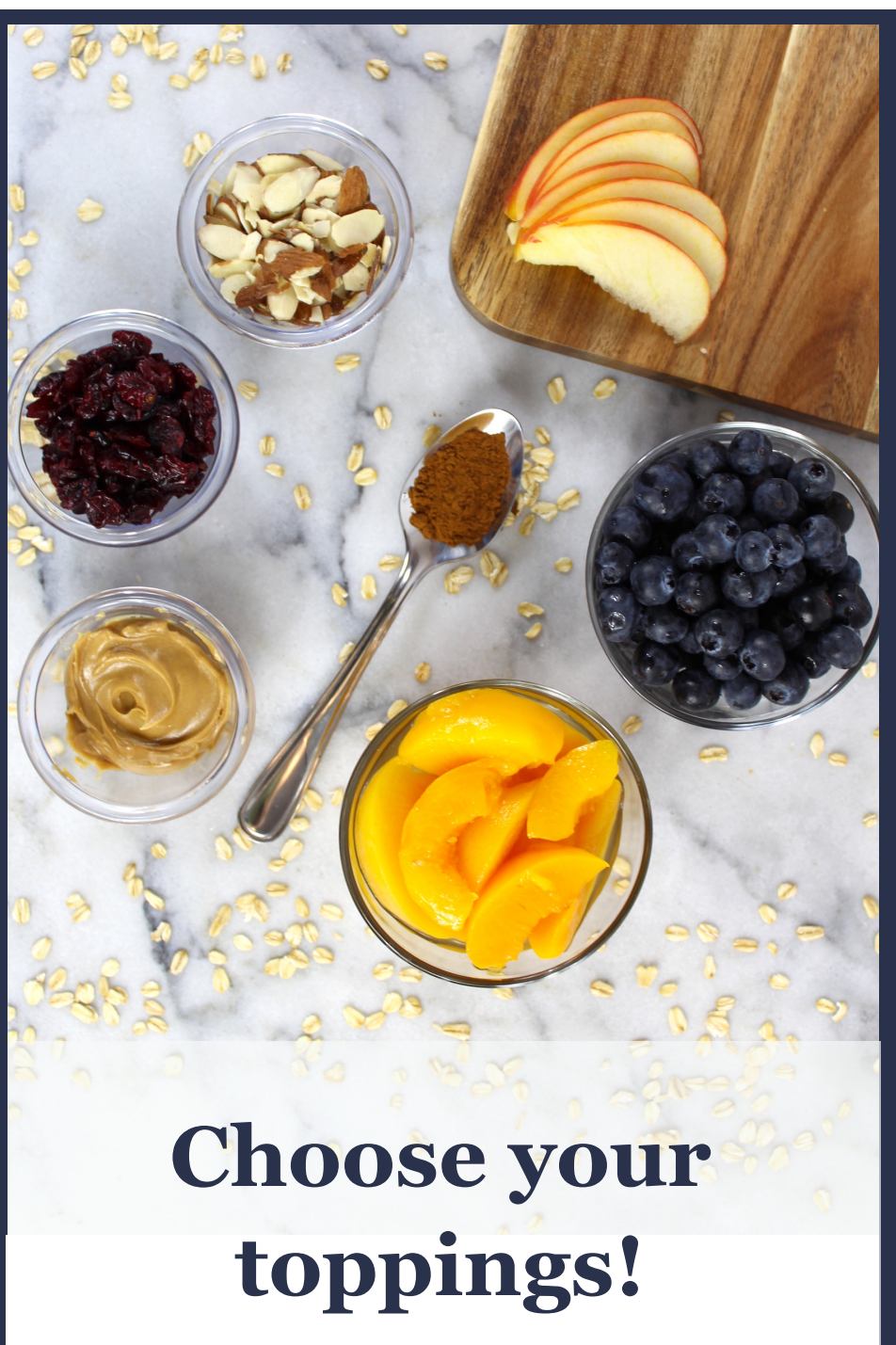
Vanilla Extract
0 Calories



Ground Cinnamon
0 Calories



Ground Nutmeg
0 Calories



Use this as a guide to be creative and think of your own unique combinations!
Make sure to add up your nutrient information along the way!