



U.S. FOOD & DRUG
ADMINISTRATION

Tips for Bringing Nutrition into Your Home



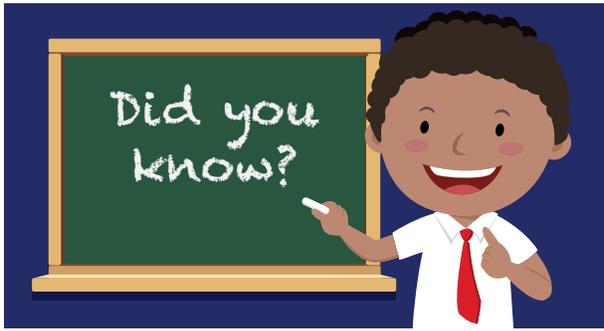
When making meals at home, choose foods from the five food groups (fruits, vegetables, grains, protein foods, and dairy) to build healthy meals that meet your calorie and nutrient needs.

Plan your weekly meals. Aim for variety to include the five food groups throughout the day.

- Use the MyPlate Plan to help you plan your meals throughout the week:
<https://www.myplate.gov/myplate-plan>



Remember, when it comes to healthy eating and nutrition, small changes add up.



Family meals are a great way to spend time together and try out new, healthy recipes. If it's not possible for your family to eat together at home regularly, make time to cook together on the weekend or share an afternoon snack.

Preparing a healthy meal at home can be easy and fun. Try these tips:

- If possible, prepare ingredients in advance of cooking. For example, chop vegetables and refrigerate them until you are ready to use them.
- Buy frozen (without butter, sauce, or added seasoning) and low-sodium or no-salt-added canned vegetables to ensure that you always have some basic ingredients on hand.
- Try baking, broiling, grilling, or steaming instead of frying.
- Cook with herbs, spices, lemon juice, or no-salt seasonings, which add flavor without adding sodium.
- Prepare extra servings of a favorite, healthy dish to eat throughout the week. Making leftovers part of your plan can save time.
- Start collecting simple, healthy recipes. Organize them online or in a file box or binder. Visit <https://www.myplate.gov/myplate-kitchen/recipes> for new recipes, cookbooks, and more healthy cooking resources.
- Keep food safety in mind and check out food safety “do’s and don’t’s” on food shopping, storing, and meal prep. Visit <https://www.fda.gov/food/buy-store-serve-safe-food/food-safety-your-kitchen>.

FDA U.S. FOOD & DRUG ADMINISTRATION
Food Safe Shopping & Storage
 March 2018

Following these tips when buying and storing food can help prevent foodborne illness

DO	DON'T
Keep produce separate from meat, poultry, seafood, and eggs in shopping carts and bags	Choose meat, poultry, or seafood in damaged or leaking packaging
Place meat, poultry, seafood, and eggs in plastic bags at checkout	Buy eggs with cracked shells or damaged cartons
Keep produce and other ready-to-eat foods in a separate area of the refrigerator from meat, poultry, seafood, and eggs	Remove eggs from carton or keep them in the refrigerator door
Refrigerate food within 2 hours of grocery shopping, or 1 hour if kept in air temperatures above 90 °F	Place raw meat, poultry, or seafood on upper shelves of the refrigerator where they can drip onto other foods

FDA U.S. FOOD & DRUG ADMINISTRATION
Food Safe Meal Prep
 March 2018

Following these tips when cooking and chilling leftovers can help prevent foodborne illness

DO	DON'T
Wash hands with soap and water for at least 20 seconds before preparing food	Wash meat, poultry, seafood, or eggs
Rinse whole fruits and vegetables under running water and dry with a clean cloth, paper towel, or salad spinner	Use soap or detergent on foods
Wash utensils that have touched uncooked meat, poultry, seafood, eggs, or flour before using them with any food that will be eaten raw	Allow raw meat, poultry, seafood, eggs, or flour to touch any food that will be eaten raw
Clean cooking surfaces and utensils with hot, soapy water after every use	Reuse plates or cutting boards that have touched uncooked meat, poultry, seafood, eggs, or flour unless you wash them first with hot, soapy water