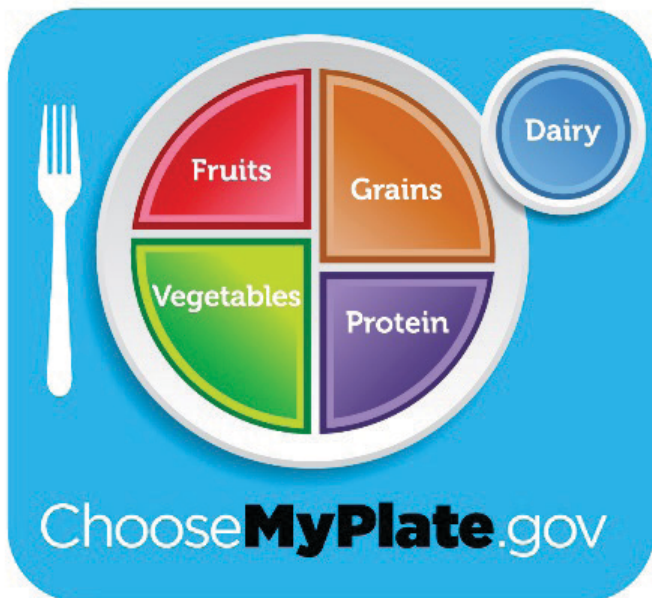


Healthy Eating: Creating a No-Cook Meal¹

Jennifer Hillan and Linda Bobroff²

Do not feel like cooking? Use MyPlate to create well-balanced, no-cook meals. Pick some of your favorite healthy foods from each food group. Then, list your food choices in the appropriate food groups. For “mixed dishes” put each main ingredient into its food group.

How does your meal fit in MyPlate? Does your meal include food from at least three of the five food groups? If not, go back and make some changes. If you did use food from at least three of the five MyPlate food groups, you have created a balanced meal! Now you are ready to give it a try at home!



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