There are many options in the freezer. By choosing healthy components you can be assured of having items that are low in saturated fat and sodium.

A “meal” should run you about 300-500 calories. Ideally, the product should be low in total fat, trans, and saturated fat. If a product contains 300 calories, it should have no more than 9 grams of fat per serving to be considered low-fat (3 grams fat per 100 calories). Saturated fat should be 1 gram or less per serving or 15% or less of the calories from saturated fat, but with most choices, you’re lucky to get below 3 grams.

**Meal Ideas**

**Whole grains**  
> Brown rice, quinoa, and oatmeal come pre-cooked.

**Fruits**  
> Unsweetened fruits are great for smoothies, “ice cream” and more.

**Vegetables**  
> There are tons of choices in the veggie section! Choose ones without added fat and salt.

**Protein**  
> Many protein items are lean and low in sodium especially if you read labels and leave off the sauce.

**Stir Fry**  
> Stir fry dinners using squeeze ginger, low sodium soy sauce and jarred garlic

**Chicken**  
> Lower sodium chicken entrees or vegetarian meats paired with veggies and brown rice

**Seafood**  
> Seafood that can be baked or broiled and paired with frozen veggies and yams

**Fresh +**  
> Fresh chicken with frozen veggies and quinoa

**Oriental**  
> Orange chicken (use only a quarter of the sauce) and serve over frozen brown rice and a big salad

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