

Frozen Dinner 101

You don't have to buy one entire dinner. Mix and match!

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.

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

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

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