

# Meal Preparation

Nutrition Education  
May 2022



*Meal planning is an important part of a healthy lifestyle. It can help you succeed in eating healthier each day. The first step in meal planning is understanding what kinds of foods you should include.*

Here are some tips to build a healthy meal.

## Dairy

Choose 1% fat or fat-free milk and dairy products.

## Fruit

Satisfy a sweet tooth with fruit. Try a yogurt parfait with fruit, such as berries or peaches, and cinnamon.

## Protein

Eat more lean protein sources like beans, fish, unsalted nuts, and lean cuts of meat and poultry. Try to eat fish twice a week.

## Vegetables

Make half of your plate fruits and vegetables. Think of the rainbow when preparing your meals. A few colorful vegetables are tomatoes, carrots, beets, collard greens, sweet potatoes, and eggplant.

## Grains

Eat more whole grains like brown rice, whole grain bread, and whole wheat pasta.

## Drinks

Drink 64 ounces of water daily and avoid sweetened drinks like soda and juice.

## Reduce Fat, Sugar, & Salt

Reduce the amount of foods you eat that are high in fat, sugar, and salt. Don't eat these foods every day; use them as treats.

## Lower Your Sodium Intake

Pick foods with labels that say, "No Salt Added," "Low Sodium," or "Reduced Sodium."

## Be Aware of Extra Fat

Gravies and sauces add fat and calories to your meals. Try lower fat substitutes like lemon juice over broccoli instead of cheese.

## Create a Shopping List

You are more likely to eat healthy foods if they are available at home. To prepare balanced healthy meals, you need the right ingredients. Preparing a shopping list before going to the store also helps you stay on track.

# Sudoku

EASY

3	8			1			4	
		2	6			7		
			4	8	7		3	
				4		2	3	9
2		1				4		6
4	9	5		6				
6			8	5	4			
	7			6	8			
8			7				9	2

Answer:

3	8	7	5	2	1	9	6	4
5	4	2	6	3	9	1	7	8
9	1	6	4	8	7	5	2	3
7	6	8	1	4	5	2	3	9
2	3	1	9	7	8	4	5	6
4	9	5	3	6	2	7	8	1
6	2	9	8	5	4	3	1	7
1	7	3	2	9	6	8	4	5
8	5	4	7	1	3	6	9	2

MEDIUM

	4			1			3	
				5		7	9	
5	6			2	8		4	
1			2	7			8	
	8	2				9	6	
	3			1	8		7	
3		6	1				9	8
4	7			8				
8			5				4	

Answer:

9	4	7	8	6	1	2	5	3
2	1	8	4	5	3	6	7	9
5	6	3	7	9	2	8	1	4
1	9	4	2	7	6	3	8	5
7	8	2	3	4	5	9	6	1
6	3	5	9	1	8	4	2	7
3	5	6	1	2	4	7	9	8
4	7	1	6	8	9	5	3	2
8	2	9	5	3	7	1	4	6

HARD

	6			1	9		7
1				7	2	3	
	8				4		6
	1	8			2		4
	7			4			9
9			1			7	8
6		7					4
	5	1	6				9
8		9	3				2

Answer:

4	6	3	2	8	1	9	5	7
1	9	5	4	6	7	2	3	8
7	8	2	5	3	9	4	1	6
5	1	8	7	9	2	3	6	4
2	7	6	8	4	3	1	9	5
9	3	4	1	5	6	7	8	2
6	2	7	9	1	8	5	4	3
3	5	1	6	2	4	8	7	9
8	4	9	3	7	5	6	2	1