



## Nutrition and Health Checklist – Tip #2

### “I eat fewer than two meals per day.”

When we eat less than two meals a day, it is hard to get enough protein, vitamins and minerals for your body to be strong and healthy.

Here are some tips that might help.

If you get tired when you cook, try:

- Easy-to fix snacks and foods like fresh fruit, whole-grain cereals, crackers, cheese, peanut butter, hearty soups, yogurt, and milk.
- Asking your family to bring left-overs to your house and eat them later.
- Having Meals on Wheels delivered right to your home.
- Checking your church for help.

If you don't like to cook or don't have time to cook, try:

- Frozen dinners or pre-cooked foods and meals.
- Instant oatmeal, soups, and pasta or rice mixes.
- “Eating out” at the senior center.
- Taking turns cooking and shopping with friends and family.
- Sharing pot-luck suppers with friends.



If you get full too fast, or can't eat much at one time, try:

- Eating three small meals and small snacks in between.
- To make each bite count. Avoid foods high in sugar or fat like cakes, cookies, pies, candy, regular soft drinks, chips, and fried foods. These foods have lots of calories but not many vitamins and minerals.