

Make Healthy Choices Easier

One of the biggest challenges for many people is making healthy choices more convenient. Here are some ideas to help make vegetables, fruit and other healthy snacks more available throughout the day.

Keep cut vegetables easy-to-see and easy-to-grab in the refrigerator. If you don't have time to cut vegetables yourself, consider pre-cut, packaged vegetables and salads.

- Place vegetables on the shelf where you can see them, not buried in a drawer.



Use frozen, microwaveable vegetables on busy weekday nights.

- Frozen vegetables are just as nutritious as fresh vegetables. Many can be steamed in the microwave in just five minutes.

Place a fruit bowl within easy reach at home.

- Place the bowl in an area that you are likely to walk by several times a day.
- Keep a few different types of your favorite fruits in the bowl.
- Place the fruit bowl near your car keys. Grab a piece of fruit when you leave the house so you have a healthy snack with you if you get hungry while you're out.



Stock up at work.

- Fill a lunch tote with fruit and vegetables, or keep a stash in your office or office refrigerator

- Keeping fruit and vegetables handy may help keep you from buying less healthful foods from the vending machine.



Pack it up.

- Keep a cooler in the car for busy days on the road.
- Fill the cooler with fruit, vegetables, and other healthy snacks.
- Healthy snacks could include popcorn, yogurt, low fat cheese, fruit and nut bars, or small packets of nuts or seeds.
- Also throw in a packed lunch and water bottles for those extra long days on the road.

Convenient foods don't have to be fast food. Plan ahead, pack ahead, and move ahead towards your goals.

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