



# HEALTHY EATING IN THE BARRACKS

## A GUIDE TO QUICK & NUTRITIOUS EATING

### Want to know how to eat healthy if you live in the barracks?

Follow these tips and suggestions and start taking care of your health...now!

**PLAN AHEAD, MAKE A GROCERY LIST AND SHOP ONCE A WEEK:** Food is a top priority to keep you well fueled and performing at your best. Make a list of shelf stable foods from each food group, variety is key:

- ✓ **Grains:** high fiber cereals (Fiber >3g per serving on label), instant oatmeal or cream of wheat packets, whole wheat/grain bread, tortillas, pita bread, instant brown rice packets, whole grain crackers, granola bars with least ingredients and most fiber
- ✓ **Vegetables:** fresh, canned, or frozen (minimal prep required, heat in microwave)
- ✓ **Fruits:** cup, canned fruit in own juice or water, dried fruit (no added sugars)
- ✓ **Dairy:** choose low fat cheese or yogurt (minimal ingredients on label), try plain yogurt w/ your own fresh/dried/frozen fruit added.
- ✓ **Protein:** tuna packet, fat free chicken breast canned in water, nuts, peanut/nut butters, canned beans (on a salad), bean soups, microwavable entrée/meals, Greek yogurt (also dairy)
- ✓ **Healthy Oils:** olive oil, oil based salad dressings, low fat mayo (made with olive oil), hummus, butter alternatives (look for more monounsaturated and polyunsaturated fats on label, limit saturated and trans fats)

*\*choose low sodium canned and packaged foods (<480mg per serving on label)*

**CREATE AND FOLLOW A 1 OR 2 WEEK MENU:** Spend a little time creating your own menu and leave out the guess of trying to come up with meals. Go to <https://www.supertracker.usda.gov/> to get started.

- ✓ Focus on heart healthy, nutrient dense foods from each food group

**RETHINKING MICROWAVE USE:** These days just about anything can be prepared without a stovetop or traditional oven.

- ✓ Use ceramic, heat resistance glass or BPA free microwaveable plastics
- ✓ Use nifty tools like a microwavable plastic folding omelet pan or vegetable steamer
- ✓ Rotate food often

**GET CREATIVE WITH OTHER COOKING EQUIPMENT:** Toaster, plug in grill (George Foreman type), rice cooker, toaster oven (toast/bake/broil)

**Be food savvy. Make informed choices. Enjoy the taste of eating right!**