

Title:

How to Make Healthy Food Choices!

Word Count:

636

Summary:

It's Thursday afternoon, you have thirty minutes to get from work, go by the house and pickup Heath, Jamie's already at basketball practice, oh, and what about dinner? Does this scenario seem familiar? If you're a working Mom, I can promise that it is a familiar scene.

Keywords:

health food, healthy food, meals

Article Body:

It's Thursday afternoon, you have thirty minutes to get from work, go by the house and pickup Heath, Jamie's already at basketball practice, oh, and what about dinner? Does this scenario seem familiar? If you're a working Mom, I can promise that it is a familiar scene.

So how do you make healthy food choices, when you only have fifteen minutes to prepare your meals? Well, the first thing you should realize is that quite often, healthy choices do not necessarily equate to two hour meals. You can make healthy food choices that are as quick to prepare or pickup as the unhealthy ones.

For example, sub sandwiches are a healthier alternative than pizza or burger and fries, but do not really take any longer to pickup. Salads can be prepared in just a few short minutes, and provide for the necessary vegetable daily requirement. Don't care for the usual salad? Make a Waldorf or fruit salad, either way you've changed it up a bit, and still provided a health choice. As for the dressing, oil based or vinegar based dressings are much better for you than the cream based, and are really more tasteful.

Okay, suppose salads aren't what your kids like. What about other prepared foods that are also healthy foods? Healthy Choice is a brand of frozen entrees or meals that take only a few minutes in the microwave to prepare, and are still healthy alternatives. Baked rather than fried is always a better choice, and many supermarkets today offer baked products fresh from their bakery, ready to go.

Still aren't satisfied? You want a place to go and actually sit down and eat. There are still many healthy alternatives for a family when going to eat at a restaurant. Restaurants that offer buffet style meals are great choices. Thanks to many of the health conscious consumers out there, buffets have added baked, broiled, and fresh food choices to the display.

Fresh fruits and vegetables are usually always available on food bars, along with broiled or steamed vegetables. Meats are just about as varied, with many of the choices being offered in a fried and baked option. And if you're up for dessert, watermelons and grapes are just as satisfying as the Boston cream pie.

You can always throw up objections when it comes to healthy eating, the real trick is in realizing it's your body that will suffer. Or your children that will suffer from the unhealthy choices you make. Why not start with healthy options, set the right example, and you will have children that make health conscious intelligent decisions about their eating.

Okay, now back to our Thursday afternoon juggling act. You've dropped Heath at baseball practice, picked Jamie up from basketball, and you have exactly fifteen minutes to make a decision about dinner. As you sit at the red-light contemplating your options, there is a Subway, a Pizza Hut, and a grocery store with a deli in the same shopping center. How can this still be a difficult choice to make?

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