

How to Select Pre-Prepared Foods



1. **Their serving size.** Ask yourself if this is the amount you would eat or would you eat more? Less?
2. **The ingredient list.** Does the food item contain whole grain or unrefined products? Remember, the more natural or unrefined the food, the better it is on your blood sugar level and eventually your weight.
3. Total amount of sodium (**should be 140 mg per 100g serving or less**)
4. Total amount of saturated fat (**you would like for it to be 3g or less**)
5. Total amount of fat for a meal **5-7 g or less per serving.** The fats should come from heart healthy fats such as monounsaturated, polyunsaturated and Omega 3,6, and 9 fatty acids)
6. Total amount of **Trans Fat 0-1g. Choose foods that have zero amount of Trans fat more often.**
7. Total amount of fibre per serving. **A good source of fibre is 4 g/serving or a high source greater than 4g/serving**



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8. **The ingredients.** Make sure the meats, fish and poultry dishes are what they say they are. Often, manufacturers cut corners by using small amounts of the advertised product and add fillers, and/or cheaper versions to complete the product. They then sell their products as the real McCoy! For example, if the product is a beef dish and advertised as such, then beef should be the first ingredient.

9. **Ready-made foods that have a separate kit for the sauce.** Remember that most of the salt and fat comes from the packets of sauces you add. This way you can use half the sauce and cut back on the total amount of fat and salt. Limit how often you choose higher-fat foods and sauces.

10. **Sugar should be 5g-10g per serving.** Aim for the lower amount.

11. **Cholesterol should be no more than 25mg per serving.** An ideal amount should be less than 25mg.

12. **Protein for dinner meals should be at least 7-8g preserving.**

Of course, ready-made meals should only be used for when you are strapped for time. Overall, retraining in learning how to eat successfully for health and wellness can come about only by developing the right kinds of habits.

For more information on healthy eating, pick up a copy of *Solutions for Health*, by Phyllis Reid-Jarvis, RD, CDE