Healthy Tips for Making it through the Freezer Section

- Plan menus for the week and shop with a list.
    - This will help deter picking up the frozen convenience meals. You will be saving money and caring for health.
- If ice cream is a trouble food for you it is best not to bring it into the home. Or focus on buying the smaller container.
    - Yes it might cost a bit more, but you are making a decision for your health.
- Always, always, always read ingredient lists. Choose foods made with the real deal.
    - There are ok choices out there you just have to read the ingredients to discover them.
- Incorporating more fruits and vegetables in our diet is a great thing for our health. Frozen fruits and vegetables are a good choice and usually are free of additives.
    - Keep a bag of frozen berries in the freezer to add to your breakfast.
    - Plans soups and casseroles and throw in some frozen vegetables for extra nutrition.
- Avoid TV dinners as much as you can. Make your own instead.
    - For example make extra lasagna and freeze in individual portions. Take one out the night before you plan on taking it to work the next day for your lunch.
        - Do the same thing with soups, and casseroles. The key is individually freezing the servings.
- When you need whipped cream, whip your own. Avoid the whipped toppings in the freezer section as many are loaded up with synthetics and fake ingredients.
    - Check out the ingredients in cool whip… sound tasty?
        - Water, hydrogenated vegetable oil (coconut and palm kernel oils), high fructose corn syrup, corn syrup, skim milk, light cream, contains less than 2% of sodium caseinate, natural and artificial flavor, xanthan and guar gums, polysorbate 60, sorbitan monostearate, beta carotene (color)
    - And if you are still not convinced, visit Author Jonathan Fields website. He did an experiment leaving a container of Cool Whip out for 12 days. Check out the results of what happened to the Cool Whip. Go ahead take a peek and see for yourself. www.jonathanfields.com/blog/horrifying-12-day-cool-whip-experiment/