

5 Reasons to Eat Home Cooked Meals

The key to eating healthy is to eat at home. Learn about the 5 reasons you should skip fast foods and enjoy some good ole' home cooking!



1

Home cooked meals are usually **healthier** than fast foods. Fast foods often have a lot of calories, saturated fat, sugar and salt. Before starting a new eating plan, check with your doctor.

2

Home cooked meals are **cheaper** than fast foods. This might surprise you, but take a look at this:

- 2 deluxe burger meals (with fries and soft drinks) and 2 kids meals = **\$24.21**.
- A home cooked meal of 96% lean hamburgers on whole wheat buns with sweet potato fries and smoothie = **\$12.55**.
- A home cooked meal of black beans, rice, milk and a vegetable is even cheaper at **\$5.50**.

**Based on a meal for a family of 4 (2 adults and 2 kids).*

3

Home cooked meals **taste better** because you can choose fresh ingredients. You can also make sure the ingredients you put in your foods are clean and free of additives.



4







Home cooked meals are a great way to **bond with your family**. Family meals are a time to talk to each other and see how the day is going. Remember to keep it positive and everyone will look forward to eating together!



5

Home cooked meals often have **fewer calories**. Eating fast foods once in a while is okay, but eating too much of it can increase your chance for health problems. Just take a look at this:



FAST FOODS	vs.	HOME COOKED FOODS
 <p>Quarter pound cheeseburger 520 calories – 26 fat grams</p>	vs.	<p>1 home cooked 96% lean ground beef ¼ pound cheeseburger on whole wheat bun 320 calories – 10 grams of fat</p> 
 <p>Medium -sized French Fries (4 oz) 320 calories – 15 fat grams</p>	vs.	<p>4 ounces of sweet potato fries 200 calories – 6.5 grams of fat</p> 
 <p>Medium-sized Vanilla Shake 610 calories – 16 fat grams</p>	vs.	<p>Bottle of Strawberry Banana Smoothie 250 calories – ½ grams of fat</p> 
<p>Total 1450 calories – 57 fat grams</p>	vs.	<p>Total 770 calories and 17 grams of fat</p>

Want to learn more?

If you have any questions or want to learn more about how you can eat more home cooked meals, call us at **(800) 578-0603 (TTY: 711)**.

Source: <http://caloriecount.about.com>