

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



Quarter pound cheeseburger

520 calories – 26 fat grams



Medium -sized French Fries (4 oz)

320 calories – 15 fat grams



Medium-sized Vanilla Shake

610 calories – 16 fat grams

Total
1450 calories – 57 fat grams

vs.

HOME COOKED FOODS

1 home cooked 96% lean ground beef ¼ pound cheeseburger on whole wheat bun

320 calories – 10 grams of fat



vs.

4 ounces of sweet potato fries

200 calories – 6.5 grams of fat



vs.

Bottle of Strawberry Banana Smoothie

250 calories – ½ grams of fat



vs.

Total
770 calories and 17 grams of fat

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>