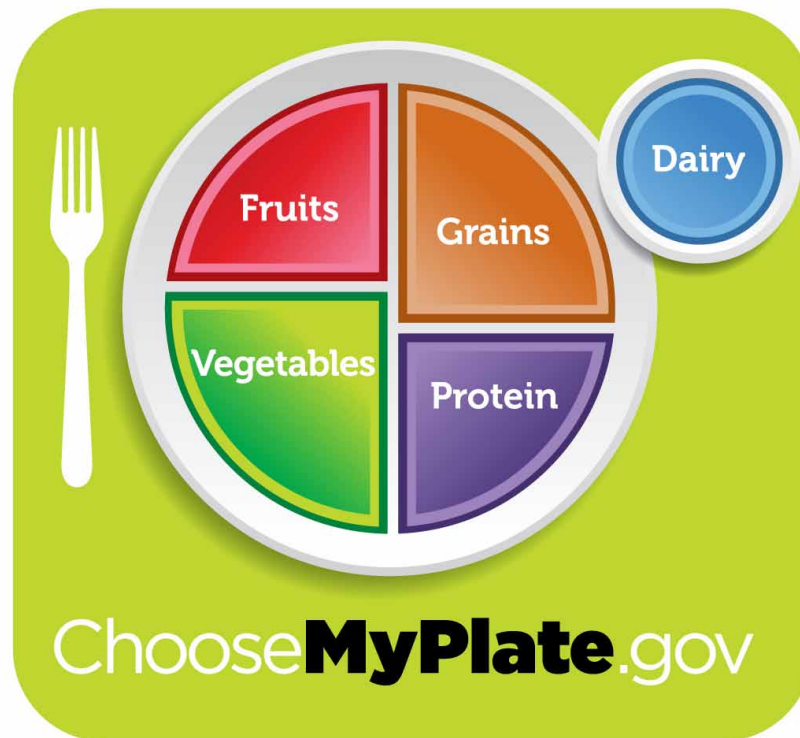


# Healthy Eating: Creating a No-Cook Meal<sup>1</sup>

Jennifer Hillan and Emily Minton<sup>2</sup>



Don't feel like cooking? Use MyPlate to create well-balanced, no-cook meals. Pick some of your favorite healthy foods from each food group. Then, list your food choices in the appropriate food groups. For "mixed dishes" put each main ingredient into its food group.



How does your meal fit in the MyPlate? Does your meal include food from at least three of the five food groups? If not, go back and make some changes. If you did use food from at least three of the five MyPlate food groups, you've created a balanced meal! Now you're ready to give it a try at home!

1. La versión en español de este documento es *Alimentación Saludable: Creando una comida sin tener que cocinar* (FCS8692-Span). This document, FCS8692, is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published March 2004. Revised July 2011. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS website at <http://edis.ifas.ufl.edu>.
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