## LABEL SAVVY WAYS TO EAT BETTER MEALS

Cooking extra meals and stashing them in the freezer is great way to eat well on those days when life is too busy. Just thaw, heat and eat.

Choose recipes that freeze well. Soups, stews and casseroles are classic meals that are freezer friendly. Think bean-packed minestrone, chicken or beef stew with root vegetables and vegetable lasagna. Expand your horizon with stir-frys, curries and fish cakes. Even cooking extra whole grains such as brown rice, barley and quinoa helps to make meals a snap.
Be a savvy shopper when buying ingredients. The Nutrition Facts table (NFt) is your best bet in helping you make an informed decision. Use the NFt to help you compare between products.
" For canned or jarred tomato products, choose "no salt" added versions if available. Otherwise use the \% Daily Value (\% DV) to choose the product with less sodium. The same applies for canned beans, chickpeas and lentils, which can be rinsed with water for several minutes to further cut down on sodium.
» For pasta and other grains, choose whole grain versions. Use the \% DV to select products with more fibre.
» Buy different plain frozen vegetables, preferably without any sauces and seasonings. As for canned vegetables, choose ones with less sodium. Choosing products with less sodium is also a good rule of thumb when buying cooking sauces, such as soy sauce or curry paste.

## KNOW THIS

The Serving Size is the quantity of food used to calculate the numbers in the NFt.

## Learn more at Canada.ca/NutritionFacts

