

Question:

If I don't live somewhere that has cooking equipment, can I still eat a healthy diet?

Eating HEALTHY *without* Cooking

Answer:

Yes! Here are some helpful tips on eating healthy without cooking

Food Groups & how much I need each day?

Bread, Cereal Group

Need 6 -11 servings

What foods can I eat to meet my nutritional needs?

- Hot instant cereal, mixed with non-fat dry milk, use hot water from the tap to mix together.
- Ready-to-eat cereals
- Bread, crackers, bagels, dinner rolls, tortillas, toaster waffles, popcorn, pretzels

Vegetable Group

Need 3 - 5 servings

- Use fresh, frozen or canned vegetables. Commercially canned only - these don't need to be heated to eat.
- Individual servings of vegetable juice. Damaged cans may be dangerous - watch for bulging, oozing, rusting or dents.

Fruit Group

Need 2 - 4 servings

- Use dried, canned or fresh fruits
- Individual servings of fruit juice

Milk Group

Need 2 - 3 servings
(4 if pregnant)

- Use 1/3 c. non-fat dry milk mixed with 1 c. tap water
- Use evaporated milk (can use skim). (Use whole can same day as opened.)
- Small carton (6 oz.) of yogurt (eat in one sitting.)
- Cheese that can be eaten immediately in one sitting. example: string cheese
- Single servings of pudding
- 1 carton lowfat milk

Protein Group

Need 2 - 3 servings
(3 if pregnant)

- Use canned tuna, chicken, salmon
- Cooked ham
- Peanut butter or nuts or seeds (example: pumpkin, sesame, or sunflower)
- Canned or cooked beans (example: kidney, black or pinto)
- Canned beef stew
- Dry instant bean soup mixes - add water

Fats, Oils, Sweets

(eat sparingly)

What is one serving from each food group?

Bread, Cereal Group

- 1 slice of bread
- 1/2 cup cooked cereal
- 3/4 cup cold cereal
- 1 tortilla
- 1/2 hamburger or hot dog bun
- 3 to 4 crackers

Vegetables Group

- 1/2 cup raw or canned vegetable
- 3/4 cup or 6 oz. vegetable juice

Fruit Group

- 3/4 cup or 6 oz. fruit juice
- 1/2 cup chopped or canned fruit
- 1/4 cup dried fruit
- 1 regular sized piece of fresh fruit

Milk Group

- 1 cup (8 oz.) milk or yogurt
- 1 1/2 oz. cheese

Protein Group

- 1/2 c. tuna or canned meat
- 3 oz. meat (about the size of a deck of cards)
- 6 tablespoons peanut butter
- 3 eggs
- 3 ounces of nuts or seeds
- 3/4 c. cooked dried beans, peas or lentils

Mothers' Special Note:

Question: Should I use powder, concentrate, or ready-to-feed formula for my baby?

Answer: If you don't have refrigeration, use powder formula. Ready-to-serve and concentrate formulas must be refrigerated after opening. To use powder formula, mix 1 scoop with 2 oz. of water. Throw away any formula left in bottle once the baby is done.

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