



HOME PLATE:

How cooking at home helps you score healthy points

Most people enjoy an occasional night out at a favorite restaurant. Unfortunately, many Americans eat out too frequently, and this often means consuming more calories and fat. The Academy of Nutrition and Dietetics says restaurant portions are often too large, contributing to overeating and obesity. A serving of French fries 20 years ago was 2 ounces and 210 calories. Today, it averages 7 ounces and 610 calories!

Cooking at home allows you to control portion sizes, calories, fat, and sodium. Challenge yourself to eat at home just once or twice a week more. You may find that you save money and lose excess weight by cooking your own meals more often.

