

Want to eat healthier?

Then cook meals at home



People who frequently cook meals at home eat healthier and consume fewer calories than those who cook less, according to Johns Hopkins Bloomberg School of Public Health research.

“When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all—even if they are not trying to lose weight,” according to a study in *Public Health Nutrition*.