



Dietitians of Canada

# Eat Well Live Well For a Lifetime!

## COOKING FOR ONE OR TWO? - THEN READ ON...

*“When the children left home, we thought making meals would be easier, but at times it’s such a struggle”;  
“I’d like to make tasty meals for myself, but it hardly seems worth it just for me; besides, I’m all out of ideas”.*

Whether you’re having a tough time adjusting to making smaller meals or are simply running out of meal preparation ideas, it’s still important to eat well. Healthy eating can make you feel your best every day.

### WHEN SHOPPING, REMEMBER...

- Fruits and vegetables are a great part of small meals - pick up a variety.
- If an item like broccoli is in too large an amount, ask a clerk to rebundle a smaller one for you; put leftovers into soup or a casserole.
- **Bulk food** bins let you choose the exact amount you want of grains such as rice and bran and legumes like kidney beans; cereals, pastas, dried fruits and nuts for fibre.
- Look for small portions of items such as fish fillets or chicken breasts. Ask for larger packages to be divided or divide at home into single portions for the freezer.
- Watch for cans of soups, fruits, vegetables and baked beans in smaller sizes.
- Choose individual portions of pudding and yogurt, small packages of cheese and half-dozen cartons of eggs.
- Frozen entrees can be a fast and easy option.
- Eggs are an economical meal and will keep for 3 weeks in your refrigerator.

### WHEN MAKING MEALS, REMEMBER...

- **Equip** your kitchen to cook in smaller quantities. Small saucepans and ovenproof dishes are useful. Mini loaf pans are great for bread, quickbreads and meatloaf.
- Rather than preparing meat, grains and vegetables separately, try **combination** casserole dishes to reduce cleanup time.
- Try **batch** cooking - make your favorite soup, stew, casserole or baked item and then freeze small portions or exchange dishes with a friend. Remember to label and date all items and place in an airtight container. It is easy to reach into the freezer and pull one out.
- Even if you are eating alone it is important to eat well. Remember that you are worth it! Invite people over to share a meal or set up an attractive place setting for yourself.

*Healthy eating is delicious and enjoyable, so don't miss out. Get the facts from a source you can trust... ask a Registered Dietitian. Contact a dietitian in your region through your local health department, community hospital, in private practice (at 1 888-901-7776) or through the Dietitians of Canada web site located at <http://www.dietitians.ca/>*

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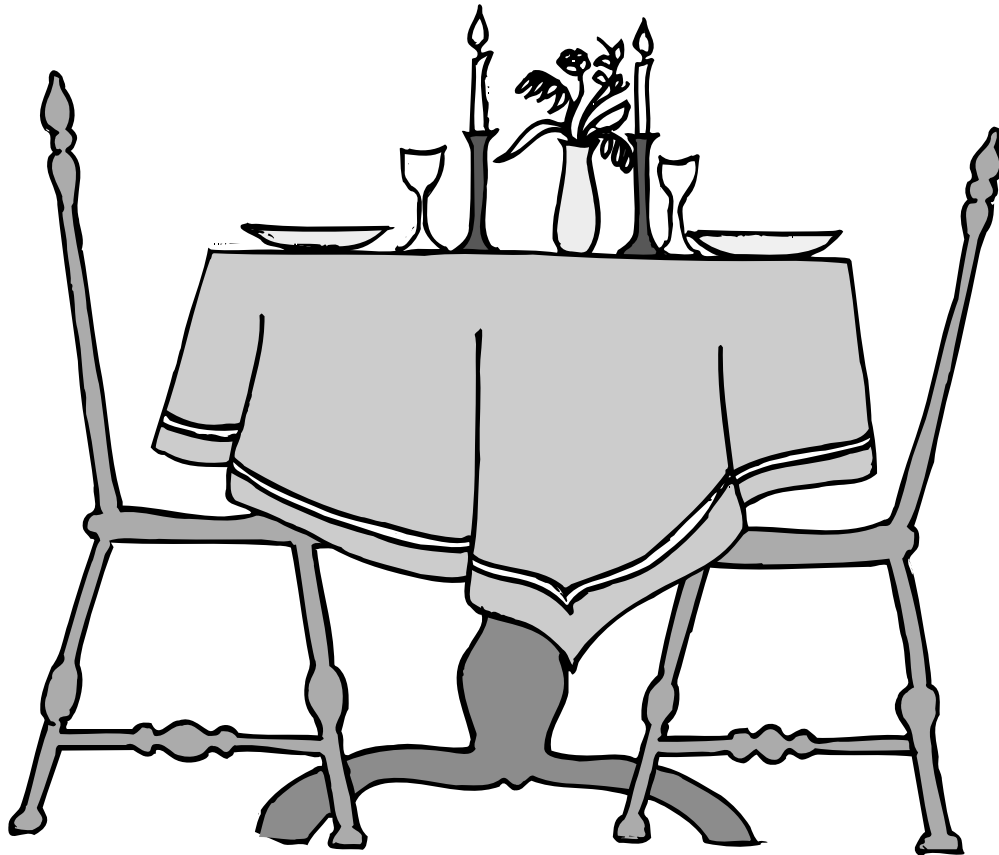
International Year of Older Persons 1999

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you feel your best every day!

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EAT WELL, LIVE WELL  
TM Dietitians of Canada

*Eat Well, Live Well ... for a lifetime  
Remember that you're worth it!*

<http://www.dietitians.ca/eatwell>

Canada, a society for all ages  
1999



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