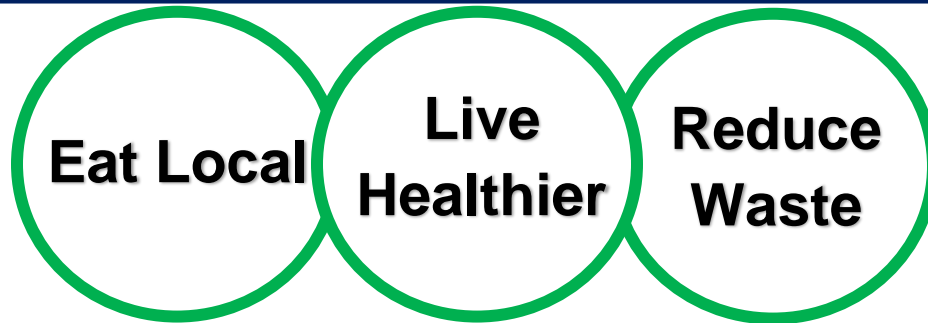


# Healthy Sustainable Eating Tips



Here are 7 great tips for helping you learn to eat healthy while also taking care of the planet.

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|  | <p>1. Make eating healthy a priority. Make sure to give meals and eating proper time and space to savor your food. Limit distractions while eating by turning off your TV and putting away your cell phone. Eat together with your family.</p> |
|  | <p>2. Learn to cook. Develop, practice, share and enjoy your skills in food preparation and cooking. Ask your dietitian if your VA has a Healthy Teaching Kitchen program.</p>   |
|  | <p>3. Buy food from markets that sell fresh foods. Buy locally and directly from growers if possible. Many VA facilities now have farmers markets. Plant a garden.</p>   |
|  | <p>4. Prepare meals from plant based food more often. Limit consumption of ready-to-eat foods and drink products. Try eating at least one vegetarian meal each week.</p>   |
|  | <p>5. Structure eating into 3 meals/day. Eat in a pleasant environment giving your full attention to eating. Eat in company whenever possible.</p>   |
|  | <p>6. Reduce food related waste. Forecast your food needs by making a meal plan and shopping list. Understand expiration dates. Reduce food related packaging by buying in bulk. Compost food waste when possible.</p>                         |
|  | <p>7. When you eat out, choose restaurants that serve freshly made, plant-based food. Order a side salad with your meal rather than French fries.</p>  |

## Additional Resources:

- **Veteran Farmer Coalition:** The Veteran Farmer Coalition works with veterans of all eras or branches receive the training or funding they need to pursue a career in agriculture. For additional information: <http://www.farmvetco.org/>
- **Healthy Teaching Kitchen Program:** Many VA hospitals now have Healthy Teaching Kitchens available to Veterans. Dietitians can teach you knife skills and healthy cooking techniques which you can then use at home. Contact your local VA nutrition department to see if they have a Healthy Teaching Kitchen. You can also check out the Veterans Health Administration YouTube channel for cooking videos: <https://www.youtube.com/user/VeteransHealthAdmin>
- **Recipes Used in our Healthy Teaching Kitchen Program:** Even if your local VA does not have a healthy teaching kitchen, you can still prepare the recipes with our cookbook available online. <http://www.nutrition.va.gov/docs/YummyBenefitsCookbooknfs.pdf>
- **Learn How to Make a Meal Plan:** Meal planning can save you money and prevent wasted food. Check out these helpful tips for creating a meal plan. <http://www.extension.iastate.edu/foodsavings/plan>
- **Prevent waste by keeping your food safe with these tips:** Learn how to properly store food after cooking to help you keep food safe and limit the amount of food you waste. <http://www.foodsafety.gov/keep/index.html>