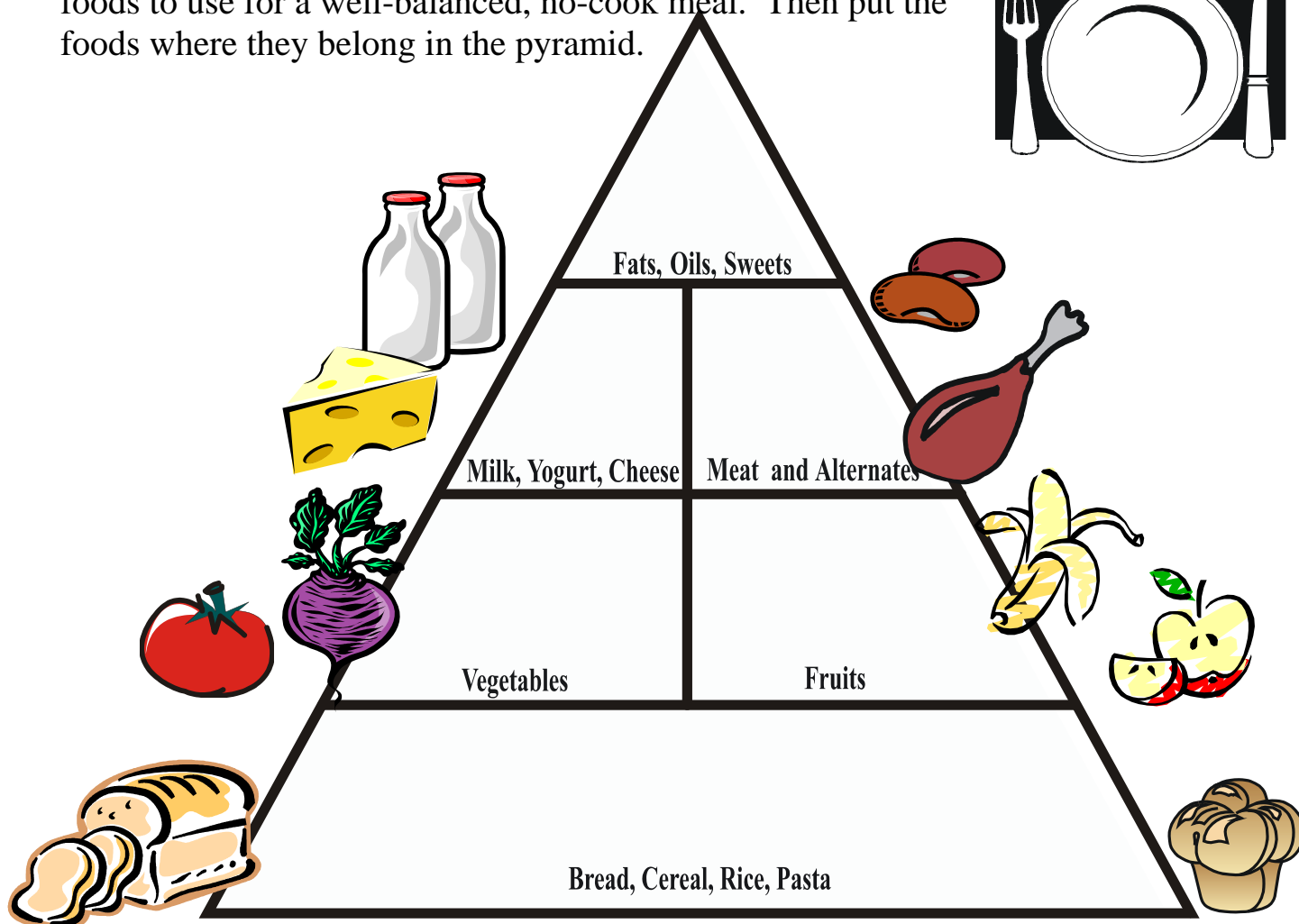
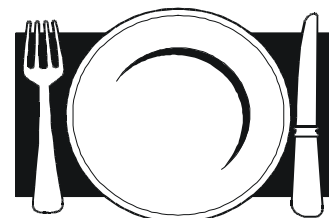


# Healthy Eating for Elders: Creating a No-Cook Meal<sup>1</sup>

Jennifer Hillan<sup>2</sup>



What's for supper when you don't feel like cooking? Think of foods to use for a well-balanced, no-cook meal. Then put the foods where they belong in the pyramid.



How does your meal fit in the Food Guide Pyramid? Is your supper balanced -- does it have food from at least three of the basic food groups (don't count fats, oils, and sweets)? If not, go back and make some changes. If you did use food from at least three of the basic food groups, you've created a balanced meal! Now, give it a try at home!

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