

# Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



## Eating Right and Reduce Food Waste

**GO FURTHER with FOOD** by incorporating these food, nutrition and physical activity tips



People rarely talk about the foods they toss out, yet the topic of food waste is getting a lot more attention these days.

It's been estimated that Americans throw away billions of pounds of food each year either at home or when eating out. And that amount doesn't even include the food that goes uneaten at the grocery store or the crops that are left in farmers' fields.

Not all food that is wasted can be saved and eaten, but it's been proven that a lot of food waste could be prevented, especially at home.

A good place to start is right in your own kitchen. Here are a few tips that will help.

### Plan Meals Based on the Foods You Already Have on Hand.

- Look in the refrigerator, freezer and pantry for foods that need to be used up.
- Write a list of the ingredients you still need.
- Buy only the amount of perishable foods that can be eaten or frozen within a few days. This is especially true for foods, like fresh fruits, vegetables, meats, dairy products and seafood.

### Get Creative with Leftovers

Transform meals into soups, salads or sandwiches by cutting up leftover veggies and cooked meats.

- Use as a topping for salads or cooked grains like rice or pasta.
- Wrap in a tortilla or stuff into a pita for a satisfying sandwich.
- Combine to make soup, then enjoy or freeze for future use.
- Eat as a leftover meal later in the week.
- Or simply brown bag the leftovers for lunch.

