

Tips for Eating Healthy When You Live Alone

When it comes to good nutrition, people who live alone face some challenges. It is difficult to keep fruits and vegetables fresh before you can eat them all. And it is often easier to throw a frozen dinner in the microwave, order a pizza or pick up something unhealthy on your way home from work than to make something from scratch.

To avoid the temptation of constantly eating out, use these tips to help guide you to eating better:

Healthy Eating Tips

- **Read cookbooks:** One reason people stray from eating healthy is that they limit themselves to the few recipes they know how to make. These days, there are many books (as well as online cooking sites) that have quick and easy recipes. Find a few and incorporate them into your array of options.
- **Plan ahead:** Jot down menu ideas for yourself for the week. You are more apt to eat badly if you wait until the last minute and you are too hungry to cook a healthy meal.
- **Shop correctly:** Never grocery shop when you are hungry. You will be more tempted to impulsively buy the junk food you crave. Always make a list and stick to it. Try to shop during off hours to avoid congestion and long lines.
- **Limit your snack foods:** You cannot snack on the bad stuff if you do not buy it. When you shop, purchase healthy foods like nuts, granola and dried fruit instead of chips and ice cream.
- **Buy fruits and vegetables:** Do not fear buying fresh produce. Stock up on root vegetables such as potatoes, carrots, and onions which have longer shelf lives. For other fruits and vegetables, consider splitting items with a neighbor, friend or coworker (it also encourages them to eat better, too.) If your store has a salad bar, pick produce in smaller portions there instead of getting a head of lettuce and other ingredients that might otherwise spoil.
- **Take advantage of your freezer:** Bananas, peaches, strawberries and broccoli can easily be frozen and used in things like smoothies and soups. Be sure to peel, clean and store these foods in air-tight bags or containers. Even packaged frozen vegetables have a lot of nutrients, making them a better choice than the canned versions.
- **Cook ahead:** Instead of making just one portion at a time, make double or even triple the serving size. Keep the extra for lunch or dinner the next day. Or save these portions in the freezer to be eaten next week. On the weekends, consider creating many meals and cooking in large batches. Label food containers and put them in the freezer for future dinners.
- **Buy new appliances:** Get yourself a mini food processor, blender and/or juicer. These will help shorten your food preparation time and you can easily expand your menu to include soups, smoothies and other healthy (and quick) options. Crockpots are great because you can throw together stews, casseroles or soups without much effort. Put items in the crockpot before leaving for work and leave it set on low all day. When you return home you will have a hot dinner waiting.

- **Eat with others:** Cooking for one and eating alone is not always fun. Invite people over or see if a friend is willing to have you over if you promise to make dinner. Consider a weekly potluck with friends or start a dining club.

Resources

- United States Food and Drug Administration: www.fda.gov
- United States Department of Agriculture Center for Nutrition Policy and Promotion: www.nutrition.gov
- National Institutes of Health (NIH): <http://nih.gov>

Here when you need us.

Call: 844-207-5465

Online: guidanceresources.com

App: GuidanceNowSM

Web ID: LivingME

©2025 ComPsych[®] Corporation. All rights reserved. This information is for educational purposes only. It is always important to consult with the appropriate professional on financial, medical, legal, behavioral or other issues. As you read this information, it is your responsibility to make sure that the facts and ideas apply to your situation.