

Frozen Foods For Lunch

How do I choose a healthy frozen food entrée?



When packing a healthy lunch, it is sometimes easier to grab a microwaveable entrée out of the freezer when we are in a hurry. But many of the frozen food items that are on the market are packed with calories, fat, and sodium with little nutritional value. So how do you know what frozen food items to buy? When looking in the frozen foods sections at the grocery store, it can be an overwhelming to try and choose the healthiest option. Don't assume a product is healthy without checking out the nutrition facts panel (even if the packaging claims it is a healthy item!). Below are some general guidelines to look for in a healthy frozen food entrée. Remember that not *every* guideline is going to be met for every entrée, just try and do your best!



Benefits of frozen foods:

Healthy options

Portion control

Freezing retains much of the food's vitamin and mineral content

Can enjoy fruits and veggies out of season

Can be cost effective

Convenient

Long shelf-life

Easy

Quick

Tasty!

Guidelines for choosing

- ◆ **300-500 calories**
- ◆ **10-18 g of total fat, or less than 30% of total calories**
- ◆ **<4 g of saturated fat**
- ◆ **< 600 mg of sodium**

- ◆ **3-5 g of fiber**
- ◆ **10% of the recommended daily value of vitamins or minerals**
- ◆ **10-20 g of protein**



Healthy Frozen Foods List



	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Fiber (g)	Prot (g)
Frozen Pasta Entrees						
Lean Cuisine Sundried Tomato Pesto Chicken	270	9	2	570	4	18
Healthy Choice Pumpkin Squash Ravioli	300	6	2.5	600	5	9
Smart Ones Lasagna Bake with meat sauce	270	4	1.5	560	4	13
Kashi Chicken Pasta Pomodoro	280	6	1.5	470	6	19
Amy's Light & Lean Spinach Lasagna	250	5	2.5	540	5	11
Smart Ones Chicken Marsala	160	6	1.5	590	3	16
Cedarlane Eggplant Parmesan	240	13	5	680	5	13
Healthy Choice Portabella Spinach Parmesan	270	7	2	550	5	11
Helen's Kitchen Pasta Primavera	330	5	0.6	350	8	15
The Organic Bistro Chicken Parmesan Bake	200	6	1	270	3	13
Amy's Light and Lean Spinach Lasagna	250	5	2.5	540	5	11
Healthy Choice Chicken Broccoli Alfredo	300	5	2	430	8	19
Lean Cuisine Butternut Squash Ravioli	260	7	-	550	5	9
Lean Cuisine Macaroni and Cheese	280	6	-	570	1	14



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	Calories	Total Fat (g)	Sat. Fat (g)	Sodium (mg)	Fiber (g)	Prot. (g)
Healthy Frozen Chicken Entrees						
Kashi Chicken Florentine	290	9	4.5	550	5	22
Healthy Choice Cajun Style	260	4	1	570	3	15
Kashi Sweet and Sour	320	3.5	.5	380	6	18
Healthy Choice Lemon Herb Chicken	200	3.5	1	480	3	15
Evol Foods Teriyaki Chick-	250	6	1	490	4	14
Healthy Choice Sesame Chicken	230	4.5	1	600	2	16
Lean Cuisine Chicken En-	290	5	-	560	3	10
Annie Chun's Chicken and	300	3	0	<u>960</u>	6	18
Healthy Frozen Beef Entrees						
Lean Cuisine Beef Chow Fun	320	5	2	520	3	15
Healthy Choice Roasted Beef Merlot	230	8	2	600	5	9
Lean Cuisine Cafe Classics	150	4	2	430	3	15
Lean Cuisine Steak Tips Dijon	280	7	-	600	5	18
Lean Cuisine Steak Ched-	340	9	-	660	5	20



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Healthy Frozen Fish Entrees						
Organic Bistro Wild Alaskan Salmon Bake	250	8	3	280	1	16
Healthy Choice Café Steamers Creamy Dill Salmon	240	6	2.5	600	5	20
Lean Cuisine Szechuan Style Stir Fry with Shrimp	210	2	-	550	5	11
Lean Cuisine Salmon with Basil	210	6	-	590	5	15
Healthy Frozen Pizza Entrees						
Kashi Thin Crust Basil Pesto Pizza	240	9	3.5	590	4	14
Lean Cuisine Pepperoni French Bread Pizza	310	7	-	690	4	16
Lean Cuisine Spinach Mozzarella Pizza	340	7	-	430	2	18
Healthy Choice Gourmet Supreme Pizza	360	4	1.4	460	5	22
Other Healthy Frozen Entrees						
Kashi Black Bean Mango	340	8	1	380	7	8
Healthy Choice Sweet Asian Pot stickers	340	4.5	1	560	5	8
Smart Ones Cranberry Turkey Medallions	250	2	0	460	4	16
Lean Cuisine Santa Fe Style Rice & Beans	290	5	2	590	4	11
Healthy Choice Golden Roasted Turkey Breast	290	4.5	1	460	8	17
Amy's Light and Lean Black Bean Cheese Enchilada	240	4.5	2	480	4	8
Amy's Light in Sodium Bean and Rice Burrito	320	8	1	290	8	10
Helen's Kitchen Bay Island Plantain	250	9	3	400	7	10
Kashi Mayan Harvest Bake	340	9	2	380	8	9