



Eat Right

**Healthy Frozen
Dinners**



Top 12 Healthy Frozen Dinners

Frozen dinners are more popular than ever, they're fast, convenient, pre-portioned, and less expensive than eating out. These days, frozen meals are trending towards less sodium, more vegetables, zero trans fat, more fiber, and 100% whole grains.

How to Choose Frozen Dinners

Read the nutrition labels! Try to choose meals that contain one or more servings of vegetables, whole grains, and lean meat, fish or poultry. These meals tend to be lower in calories and higher in vitamins and minerals, as well as fiber.

Here are some guidelines to follow when choosing a healthy frozen dinner:

300-500 calories

10-18 grams of total fat, or less than 30% of total calories

Less than 4 grams of saturated fat

Less than 600 milligrams of sodium

3-5 grams of fiber

10% of the Recommended Daily Value of vitamins and minerals

10-20 grams of protein

12 Healthy Frozen Meal Options:

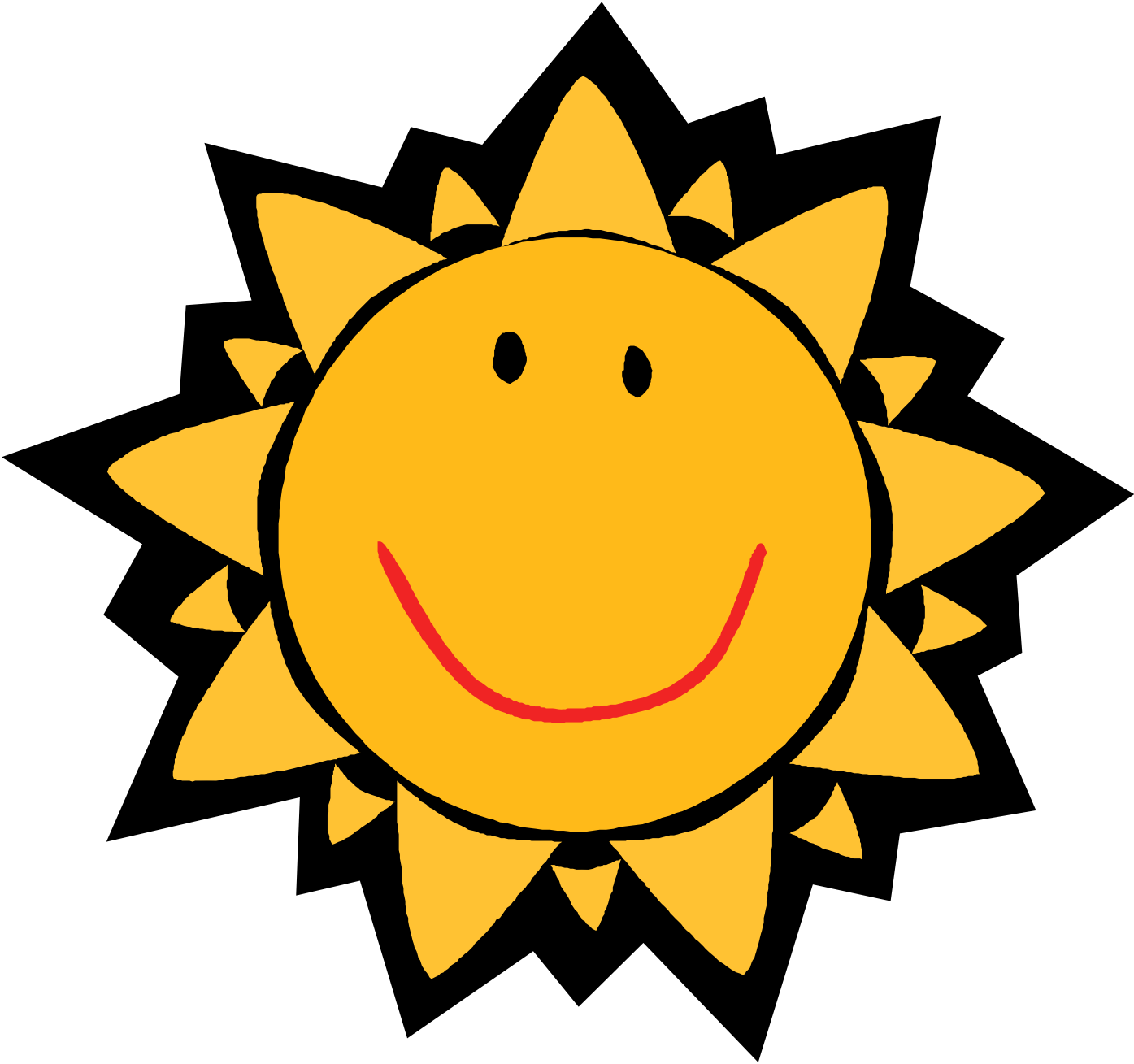
- Kashi Mayan Harvest Bake
- Healthy Choice Cajun Style Chicken and Shrimp
- Lean Cuisine Sundried Tomato Pesto Chicken
- Healthy Choice Pumpkin Squash Ravioli
- Kashi Black Bean Mango
- Lean Cuisine Beef Chow Fun
- Smart Ones Thai Style Chicken Rice Noodles
- Healthy Choice Sweet Asian Potstickers
- Lean Cuisine Glazed Chicken
- Kashi Ranchero Beans
- Smart Ones Cranberry Turkey Medallions
- Healthy Choice Café Steamer 5 Spice Beef & Vegetable



*Don't assume a product is healthy, always read the nutrition label!!!

Source: <http://www.webmd.com/diet/features/top-12-healthy-frozen-dinners>







FIT CITY FOR WORKSITE WELLNESS

How to Have a Healthy Company Picnic

With summer right around the corner, it's that time of year for company picnics. Here are some suggestions to keep the picnic day healthy with alternative food choices and fun-filled activities that will give you an energy boost.

Healthy Main Course—Instead of beef and pork hotdogs or beef hamburgers, try...

- Grilled chicken (remove the skin for lower fat intake)
- Turkey hot dogs
- Veggie burgers or turkey burgers
- Grilled vegetables (Try kabobs!)
 - Red peppers, zucchini, onions, squash, etc.

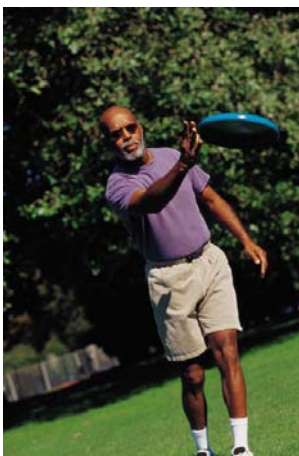


Healthy Drink Options

- Water
- Unsweetened tea
- Diet lemonade

Healthy Side Items—Instead of chips or macaroni salad, try...

- Fresh fruit like watermelon or a basket of peaches, apples or oranges
- Raw vegetables tray
 - Try cottage cheese or hummus dip instead of ranch dressing
- Three-bean salad or tossed green salad
- Popcorn, pretzels, nuts, and other healthy snack items



Fun Ways to Be Active

- Organize a game like kickball or volleyball and invite all family members to play
- Use Frisbees as paper plate holders, then everyone has a one to play with when they're done eating. Add the company logo for a special touch
- Have sack races, water balloon toss, wheelbarrow races, etc.



Farmer's Market in Mecklenburg County

BILLINGSLEY ROAD FARMERS MARKET

Located at 249 Billingsley Road, Charlotte. 11 a.m.-2p.m. Tuesdays. Offering tomatoes, corn, squash, berries, watermelon, and green beans. Call (704) 432-3468 for more information.

CENTER CITY GREEN MARKET

Located at The Square, Trade Street and Tryon streets. 10 a.m.-4 p.m. Tuesday-Friday, 8 a.m.-1 p.m. Saturdays. Produce, flowers, crafts, jewelry, seafood and baked goods. One block from Lynx (CTC/Arena Station); free parking on Saturdays along Trade and Tryon. Call (704) 332-9590 or visit www.centercitygreenmarket.com for more information.

CHARLOTTE REGIONAL FARMERS MARKET

Located at 1801 Yorkmont Road, Charlotte. (704) 357-1269. For more information, visit www.ncagr.com. 8 a.m.-6 p.m. Tuesday-Saturday year-round (8 a.m.-5 p.m. October-March), plus 12:30-6 p.m. Sundays May-August. The official N.C. Department of Agriculture market. Several buildings, including greenery shed and a craft barn; produce area includes baked goods, locally grown, organically grown and old-variety fruits and vegetables, locally raised meats, goat milk cheeses and soaps. Take I-77 to Billy Graham Parkway (or South Tryon Street), turn left on N.C. 49, then right on Yorkmont. Market is 1 mile on the left.

CHARLOTTE TAILGATE FARMERS MARKET

100 West Park Avenue in Historic South End. Open 4-7 p.m. Tuesdays, 9 a.m.-1 p.m. Saturdays. All locally grown seasonal produce, plants, flowers, eggs and more! Meet farmers and growers committed to sustainable agriculture, chemical and pesticide-free. Call (704) 335-0777 or visit www.charlottetailgatemarket.com for more information.

COMMON GROUNDS

Locate at 923 Providence Road, Charlotte. 10 a.m. to 2 p.m. Tuesday and Friday. On the side porch of Interiors Marketplace in the old Myers Park Hardware building near Queens and Providence. All-volunteer market with proceeds going to Urban Ministries Center. Local produce, local cheeses and jams, baked goods, penny candy, organic T-shirts, and artwork by local homeless people.

GATEWAY VILLAGE MARKET

Located at 800 W. Trade St. in the Promenade at Gateway Village. 11 a.m. - 2:00 p.m. Thursdays. Locally grown, organically grown and old-variety produce, herbs, bread, flowers, seafood, arts and soaps. For more information, visit www.gatewayvillage.com or call (704) 350-6209.

HUNTERSVILLE FARMERS MARKET

Located between Main and Maxwell streets, one block east of the Town Hall (at the caboose). 7 a.m.-1 p.m. Tuesdays and Saturdays. Locally grown produce. Take I-77 North to Exit 23 (Huntersville). Go right on Gilead Road into Huntersville; market is two blocks beyond the intersection of Gilead and N.C. 115. For more information, please call (704) 766-2231.

KINGS DRIVE FARMERS MARKET

Located at corner of South Kings Drive and Morehead Street. 6 a.m.-6 p.m. Tuesdays and Fridays, 7 a.m.-3 p.m. Saturdays through October. Some locally grown produce, some from other areas, baked goods, plants and flowers. From uptown, take Morehead Street to Kings Drive and turn left. The market is on the right. Form more information, call (704) 332-6366.

MATTHEWS COMMUNITY FARMERS' MARKET

Located on North Trade Street, Matthews. 7:15 a.m.-noon Saturdays through November. All local produce, plus baked goods, eggs and flowers, and chef demonstrations. From N.C. 51, take East John Street to downtown, then turn left on North Trade. From I-485, take Exit 52 and follow John Street to downtown, then turn right on North Trade. Parking available along street or behind the market. Form more information, call (704) 821-6430 or visit www.matthewsfarmersmarket.com.

MECKLENBURG COUNTY MARKET

Located at 1515 Harding Place, 7 a.m.-6 p.m. Wednesdays, 11 a.m.-6 p.m. Thursdays and Fridays, 7 a.m.-1 p.m. Saturdays year-round. In the same location for more than 60 years, with some families who have been there for generations. Includes produce, baked goods and crafts. From uptown, take Morehead Street, right on Harding, just before Kings Drive. Market is on the left. Parking available behind the building.

MINT HILL FARMERS MARKET

7601 Matthews-Mint Hill Road, in the Carl J. McEwan Historic Village. 9 a.m.-1 p.m. Saturdays through September. Local produce, baked goods, flowers, plants and crafts. From Charlotte, take US 74 east, turn left on Sharon Amity Road, right on Albemarle, right on Lawyers Road and left on Matthews-Mint Hill Road. Historical society is 0.3 miles on the left. Call (704) 573-0726 or visit www.minthillhistory.com/market.htm for more information.

MEETING STREET MARKET AT CEDAR WALK

Located at 9604 Longstone Lane, Ballantyne. 4 p.m. until dark Tuesdays. New market in Cedarwalk at Marvin Road and Ardrey Kell. All local growers and artisans. Produce, baked goods, cheeses, meats, and crafts. For more information, visit www.meetingstreetmarket.com or call (704) 714-0630.

MINT HILL FARMERS MARKET

7601 Matthews-Mint Hill Road, Mint Hill. 9 a.m.-1 p.m. Saturdays. From Charlotte, take U.S. 74 east, turn left on Sharon Amity Road, right on Albemarle, right on Lawyers Road and left on Matthews-Mint Hill Road. Historical society is 0.3 miles on the left. From I-485, take Exit 44 and go west on Fairview Road for 1.1 miles. Turn left at Matthews-Mint Hill Road and go 0.3 miles. Market is on the right. For more information, visit www.minthillhistory.com/market.htm or call (704) 573-0726.

THE NEIGHBORHOOD FARMERS' MARKET

3725 Beatties Ford Road, at Reeder Memorial Baptist Church 8 am - 3 pm Saturdays. Fresh produce, art and crafts, baked goods, health screenings, music and healthful cooking demonstrations. (980) 253-8419.

Farmers markets are a great way to provide access to fresh produce in different areas of our community while supporting our local farmers. Visit one today!