

Nutrition for Active Families

Save Calories, Time And Money

(NAPSA)—Hectic schedules don't have to mean you can't make healthier mealtime choices.

For example, Kathy Kaehler, celebrity trainer, former NBC "TODAY Show" fitness correspondent and mother of three preteen boys, often relies on a low-fat, American Heart Association-certified, lunchmeat line.

"When you're a busy professional with children who have their own active lives, it can be challenging to feed your family healthy food," said Kaehler. "As a food coach, I know home-prepared meals are typically better for my family. That's why I developed routines like prepping food for the entire week on Sundays, which creates simple meals without expanding the waistline or hitting the pocketbook."

Save Time and Calories

Being organized and choosing convenient and healthy products, she says, is the key to lunch success. Kaehler's meal planning includes having ingredients such as whole grain breads, fresh grapes and crunchy carrot sticks on hand along with packaged lunchmeats, such as Healthy Ones™, which are naturally low in fat because they are made from lean meats (turkey and chicken breast, premium ham and roast beef) with no fillers or artificial flavors.



Kathy Kaehler, celebrity trainer, former NBC "TODAY Show" fitness correspondent and mother of three preteen boys, advises busy parents to prep food for the entire week on Sundays.

Save Money

By preparing meals at home and packing lunches, Kaehler's family not only eats healthier but saves money.

"In this economy, we are all looking for new ways to save money," said Kaehler. "By making meals with Healthy Ones lunchmeats from Armour-Eckrich Meats, I'm being fiscally responsible while serving a better-for-you, premium-quality lunch that tastes great."

Learn More

For more information, visit www.healthy-ones.com.