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Microwaves Made

For patients, it's a meal that's not just about fitting in your busy schedule. With all the health concerns about sodium and cholesterol, you know in fact, not the best answer. So, instead of the old dilemma: what can you do?

How about a frozen microwave meal? Frozen

meals are convenient, easy to prepare, and often taste just as good as the fresh ones. They're also often more nutritious than you think. And they're often more affordable than you think. So, what can you do? Inexpensively.

Guidelines when choosing a frozen meal:

Serving size— Usually, serving size is listed as half. Remember to adjust the nutrition information accordingly. If you eat the entire meal instead of only half,

Sodium— A good rule of thumb is to keep it under 600 milligrams. If it's not listed, always check the sodium content on the label, but if it is, try to keep it under 600 milligrams. If you don't eat the entire meal, but with a high-potassium food, but count it as a high-potassium serving for the day. It's also a good idea to check the sodium content on the label, but if it is, try to keep it under 600 milligrams. If you don't eat the entire meal, but with a high-potassium food, but count it as a high-potassium serving for the day. It's also a good idea to check the sodium content on the label, but if it is, try to keep it under 600 milligrams.

