

Get Comfy with Food

If you have ever had days when all you want to eat is macaroni and cheese, fried chicken or biscuits and gravy, you may be happy to know comfort foods can fit into a healthful eating plan. Foods that bring back memories and make you feel all warm inside are often referred to as comfort foods.

The rich nature of these foods may make them higher in fat, sugar and calories, but that does not mean you can not enjoy them. Moderation and controlling portion sizes allows you to eat comfort foods without the guilt. If you want fried chicken and macaroni and cheese for dinner, make lower fat and calories choices at breakfast and lunch.

Healthy eating is about what foods you consume over time, not about an occasional higher-calorie choice. So make yourself comfortable!