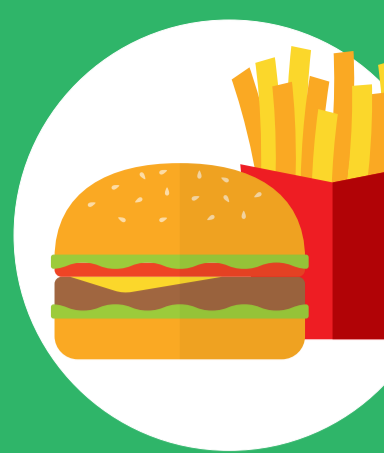


Frozen Meal

VS

Quick-Service Restaurant

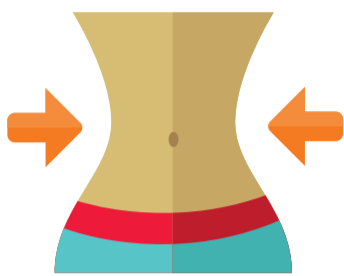


Data indicate that people who report eating frozen meals over QSRs¹ have a higher Healthy Eating Index (HEI) score, eat fewer calories per day as well as lower amounts of saturated fat.²

Those who report eating frozen:

That's a potential savings of nearly **100,000 fewer calories (26 pounds)** a year.

consumed **253 fewer calories** per day
↓10.9%



ate **less fat** per day³
↓9.0% saturated fat
↓18.2% solid fat



That's **7 grams less fat** per day (equal to about 2 pats of butter)
That's a savings of **6.4 pounds (2920 grams)** of fat a year

Compared to people who report eating at QSRs¹

Those who reported eating frozen meals had better diet quality scores for:

Total Vegetables⁴
↑15.7%



Greens & Beans⁵
↑78.2%

Whole Grains⁶
↑59.6%



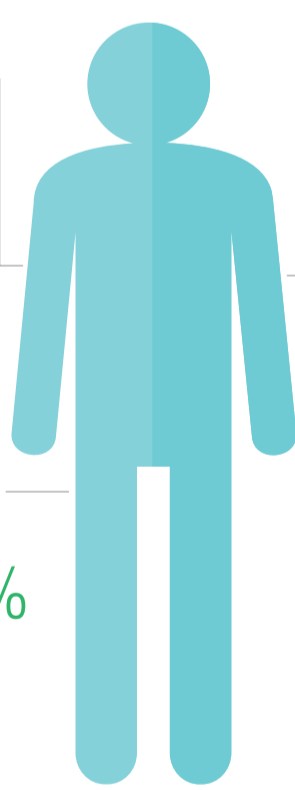
Total Protein⁷
↑7.2%

Compared to people who reported eating meals from QSRs¹

People who reported eating frozen meals had higher daily intakes of three of the four nutrients Americans are not getting enough of⁸, including:

511 more mg (15% of the daily value) of potassium; that's as much potassium as a medium banana

Potassium⁹
↑20.5%



Dietary Fiber¹⁰
↑27%

3.9 more grams (16% of the daily value) of dietary fiber; that's as much fiber as 1 cup of cooked, instant oatmeal

135 more mg (14% of the daily value) of calcium; that's nearly as much calcium as half a cup of milk
On average, frozen meal consumers exceed the daily value for calcium while QSR consumers do not

Calcium¹¹
↑14.6%



Frozen meal consumers have **higher daily intakes** of more than 12 important nutrients, including **protein, dietary fiber, potassium, calcium, vitamin A, riboflavin, vitamin B6, vitamin C, vitamin E, choline, magnesium and copper**

Compared to people who reported eating meals from QSRs¹

The NHANES is a cross-sectional study, and the data cannot be used to draw causal relationships.
A nutritionally balanced diet and regular exercise are keys to a healthy lifestyle.

REFERENCE:
1. What We Eat In America (WWEIA)/NHANES (2003-2010) data were used to determine associations between nutrient intake in adult (19+ yrs) frozen meal consumers as compared to consumers of meals from quick service restaurants. Intake was determined using a 24 hour recall.
2. Papanikolaou, Y., Comerford, Kevin B., Krumhar, Kim C., Fulgoni III, Victor L. (2014). Consumption of Frozen Meals as Compared to Quick Service Restaurant Meals is Associated with Better Nutrient Intakes in Adult Participants of The National Health and Nutrition Examination Survey (2003-2010) [Abstract]
3. FROZEN: 25.7±0.7 vs 28.3±0.2 g/d QSR: 37.9±1.4 vs 46.4±0.5 g/d
4. FROZEN : 3.4±0.1 QSR: 2.9±0.03
5. FROZEN: 1.7±0.2 QSR: .9±0.04
6. FROZEN: 2.9±0.3 QSR: 1.8±0.1
7. FROZEN: 4.4±0.1 QSR: 4.1±0.03
8. US Department of Agriculture. 2010. Available at <http://www.health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>
9. FROZEN: 3008±63 mg/d QSR: 2497±20 mg/d
10. FROZEN: 18.2±0.5 g/d QSR: 14.3±0.2 g/d
11. FROZEN: 1059±43 mg/d QSR: 924±11 mg/d

THE STUDY WAS SUPPORTED BY NESTLÉ USA, WHICH WORKS CONTINUALLY TO IMPROVE THE NUTRITIONAL PROFILES OF ITS PRODUCTS

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