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.

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

### Those who report eating frozen:
- **253 fewer calories** per day
- **10.9%** less fat per day
- **9.0%** saturated fat
- **18.2%** solid fat

### Compared to people who report eating at QSRs

#### Total Vegetables
- 15.7% higher

#### Greens & Beans
- 78.2% higher

#### Whole Grains
- 59.6% higher

#### Total Protein
- 7.2% higher

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

#### Potassium
- **135 more mg** (14% of the daily value) of potassium; that’s nearly as much potassium as half a cup of milk

#### Dietary Fiber
- **3.9 more grams** (16% of the daily value) of dietary fiber; that’s as much fiber as 1 cup of cooked, instant oatmeal

#### Calcium
- **15.7 more mg** (15% of the daily value) of calcium; that’s as much calcium as half a cup of milk

The study was supported by Nestlé USA, which works continually to improve the nutritional profiles of its products.

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 compared to people who report eating meals from quick service restaurants. Intake was determined using a 24 hour recall.
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: 0.9±0.04
6. FROZEN: 2.9±0.3  QSR: 1.8±0.1
7. FROZEN: 4.4±0.1  QSR: 4.1±0.03
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

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