

The Path to Waste-Free Meals

Planning your grocery list in advance and eating everything off your plate or using up leftovers can help you save big on your next grocery bill and reduce food waste. Americans, on average, throw away \$218 billion in food every year. Unused food typically ends up in landfills where it produces harmful greenhouse gases such as methane. In the first peer-reviewed study to collect detailed waste measurements in everyday living circumstances, researchers at Ohio State University found that food waste leveled out at 3% when participants ate at home and chose their food. But when the same participants received prepared boxed lunches, there was a 37 percentage point uptick in food waste. To combat waste and save money at the grocery store, lead study author Brian Roe, who leads the Ohio State Food Waste Collaborative, suggests planning your meals in advance. Not only does this slash the amount of food going to landfills, but it also allows you to buy only what you need. Leftovers can be packed for lunch the following day, used as ingredients to create new meals or frozen for future use. By taking these steps, Roe says that American households can save thousands of dollars a year on food. To put these waste-reduction skills into practice, try *Clean Eating's* one-week plant-based meal plan on page 76.



Eat slowly and mindfully. Researchers in Japan have found that eating too quickly can lead to weight gain and raise your risk of chronic diseases such as heart disease, stroke and diabetes. So protect your waistline and your health by chewing your food and savoring each and every bite.