



Top Benefits of Cooking Meals at Home:

1. Save Money \$
2. Healthier Ingredients:
 - Less:
 - fat,
 - sodium,
 - sugar,
 - additives =
 - less calories
 - More:
 - fiber,
 - antioxidants =
 - better health
3. Better Portion Control = less calories
4. Save Time (see link below)

Can cooking at home be faster than fast food?:

<http://abcnews.go.com/blogs/lifestyle/2014/01/real-money-fast-food-versus-home-cooked-meals/>

Infographic is from the following article:

<https://dailyhealthpost.com/eating-home-vs-eating-out-reasons-cook-own-meals/>