

Eating Well

On a budget



Source
Channing Bete Company, Inc

USE YOUR PERSONAL AND
CULTURAL TASTES TO HELP BUILD
A HEALTHY EATING PATTERN.
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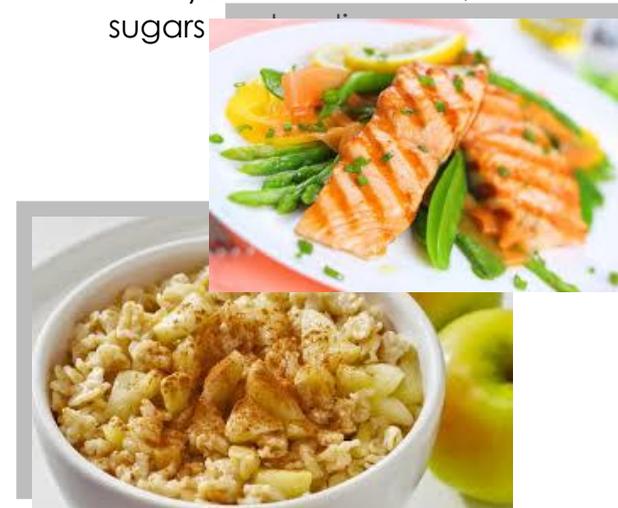
GOOD NUTRITION IS IMPORTANT.

Eat healthy and stick to your budget.

With planning, you can make meals that are less expensive, taste good and are good for you.

Get in the habit of making healthy choices.

- Make small shifts to healthier choices. Instead of high-fat foods switch to fat-free or low-fat dairy products. Choose seafood, lean meats, lean poultry, nuts, seeds and soy products over high fat meats.
- Fill half your plate with fruits and vegetables
- At least half of your grains should be whole grains.
- Limit your saturated fat, added sugars



4 WAYS TO EAT WELL- WHILE SAVING MONEY

Be the chef.

Plan and create your own meals. It can be fun! It is also usually cheaper and healthier than buying ready-made foods.

Buy in Bulk.

Only do this if you can store everything you buy. Stock up on frozen vegetables when they are on sale

Plan to have leftovers.

If you make larger meals you can freeze leftover portions to reheat another

Pack healthy snacks.

For example, pack nuts, dried fruit or cut up vegetables to bring to school or work

MAKE YOUR MEAL FIT YOUR BUDGET

Begin with meal planning.

- Try to plan menus for up to a week
- Pay attention to store specials and plan your meals to take advantage of them
- Create menus with a variety of healthy foods. Focus on fruits, vegetables and whole grains.

Make a shopping list.

- Check what you already have in your refrigerator and on your shelves.
- Avoid over spending by only listing what you need. Go by your meal plan
- Keep a list on your refrigerator. When you use up an item write it down.
- When you go shopping keep your budget in mind. Keep in mind the amount you can spend and adjust your list as needed.



Nutrition Facts	
Serving Size 1 potato (149g/5.3oz)	
Amount Per Serving	
Calories 100	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 75mg	21%
Potassium 75mg	9%
Total Carbohydrate 26g	12%
Dietary Fiber 3g	
Sugars 3g	
Protein 3g	
Vitamin A 20% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B6 10%	
Folate 6% • Phosphorus 6%	
	• Magnesium 6%

Prepare to go shopping.

- Eat before you go. When you're hungry, you are likely to buy more
- Make your list and gather coupons
- Use a calculator to keep track of your spending.

Shop with care.

- Try store brands. These often cost less and are just as good as name brands.
- Look out for specials. Compare prices with other brands or coupon items to make sure you're getting the best deal
- Check unit prices on shelves.
- Look out for pricing mistakes at the register.



MORE BUDGET-FRIENDLY TIPS

Fruits, vegetables and grains

- Buy "in season" fresh fruits and vegetables. You can find them at a local farmers market.
- Try growing your own vegetable plants. It is low-cost and nutritious too. Freeze or learn how to can any extras.
- Hot cereals, such as oatmeal usually cost less per serving than cold cereal.

Proteins and dairy products

- Try beans, peas and lentils. They are cheap, nutrient-rich.
- Buy large cuts of lean meat and whole chicken when on sale. Cut and freeze them for later. Make sure you have a place to store them.
- Buy solid low-fat cheese and grate or slice it at home. Also, buy milk in large containers if you'll use it al



EATING HEALTHY IS A LIFETIME VALUE!

Combine healthy eating with consistent exercise.

It is important to add physical activity to your health journey. Consult with your health care provider before starting an exercise plan.

Consider breastfeeding if you are pregnant.

It's the best food for the baby and it's free!

Find out about food assistance programs.

Visit www.Fns.usda.gov to learn about programs such as:

- WIC (Women, Infants, and Children)
- The Supplemental Nutrition Assistance Program.

Learn more about a healthy diet!

Contact your health care provider. Your state or local health department can help you as well

Remember, good nutrition can be a bargain!