

Eating Healthy on a Budget



1. Let the Dietary Guidelines for Americans and MyPlate be your guide!

- ¼ of the food on your plate at each meal should come from grains
- Choose whole grains such as whole wheat bread and brown rice over refined grains like white rice and noodles
- Carbs can often be bought in bulk and thus be less expensive



2. Make it from scratch!

- Prepackaged foods are often expensive and also high in fat, calories, and especially sodium. You mostly pay for the fancy packaging and brand name.
- This may take more time, but it can be worth it in terms of cost and nutrition.
- Example: Make Stir-Fry instead of buying Frozen Healthy Choice Stir-Fry.



3. Be a comparative shopper!

- Prices often vary between brand names for the same product. The store brand is usually the cheapest and tastes just as good.



4. Buy in bulk...when it makes sense.

- Not all bulk items are bargains if you can't use it up before it spoils.
- Choose bulk items with long shelf life such as, rice, pasta, dried products, frozen vegetables and meats.



5. Have a plan before you go shopping!

- Make lists and plan out meals for the week before going to the grocery store. Stick to your list and this will keep you from buying unnecessary items that look appealing.
- Also, don't go to the store hungry. This will keep you from being tempted by foods not on your list.



6. Eat at home!

- You have planned this great list, now don't eat out and waste the food.
- Eating out is also much more costly and less nutritious. Taco bell and Wendy's \$1 menu is not a healthy option.



7. Be prepared for snack attacks!

- Always pack a healthy snack for unexpected hunger. This will keep you from having to stop and buy a snack when you are away from your house or dorm.

