

## Eating Healthfully on a Budget

Eating healthfully can be a bit challenging when on a tight budget. Here are a few tips that can help you follow the healthy plate model, and still not break the bank.

**Kids should eat something from each of these food groups daily:**

Food group	Le\$\$ Expensive Options	Examples
<b>Fruits and vegetables (1/2 of your plate)</b>	<ul style="list-style-type: none"> <li>Canned and frozen fruits and veggies have the same nutritional value as fresh (sometimes even greater!) and they are frequently much cheaper than their fresh counterparts. When buying canned fruits just check to make sure that no sugar or syrup has been added</li> <li>Produce is often cheaper when it is in season</li> </ul>	<ul style="list-style-type: none"> <li>Frozen spinach, broccoli and mangoes, canned tomatoes, artichokes and pineapple</li> <li>Oranges in the winter, apples and root vegetables in the fall, green beans in the summer</li> </ul>
<b>Complex carbohydrates or Whole grains (1/4 your plate)</b>	<ul style="list-style-type: none"> <li>Buying whole grains in bulk is often much less expensive than buying smaller packages</li> <li>Starchy veggies can often be bought in bulk, or some are cheaper when purchased frozen</li> </ul>	<ul style="list-style-type: none"> <li>Big bags of oats, brown rice, barley</li> <li>Bags of carrots or potatoes, frozen corn or frozen peas</li> </ul>
<b>Protein (along with dairy, should take up 1/4 of your plate)</b>	<ul style="list-style-type: none"> <li>Certain animal proteins are less costly than others. Also, watch for sales on meat and stock up your freezer. When frozen, meat can keep for up to 3 months</li> <li>Canned fish is often much cheaper than fresh, and offers the same heart healthy benefits</li> <li>Plant proteins are healthy, lower-fat alternatives that are generally a fraction of the cost</li> </ul>	<ul style="list-style-type: none"> <li>Eggs are relatively inexpensive; boneless/skinless chicken thighs are less expensive than breast meat</li> <li>Canned sardines, tuna, salmon</li> <li>Tofu, lentils, chickpeas, black beans</li> </ul>
<b>Dairy (along with protein, should take up 1/4 of your plate)</b>	<ul style="list-style-type: none"> <li>It is usually more economical to buy the supermarket brands of dairy foods, rather than the independent brands</li> <li>Buying larger containers, versus individual containers is less costly</li> </ul>	<ul style="list-style-type: none"> <li>e.g. Stop &amp; Shop 1% Low-Fat Milk</li> <li>Family-sized plain, low fat yogurt</li> </ul>
<b>Fats (in moderation)</b>	<ul style="list-style-type: none"> <li>Some cooking oils are less expensive than others</li> <li>Certain nuts and seeds can be relatively inexpensive</li> </ul>	<ul style="list-style-type: none"> <li>If you can't afford olive oil, canola oil or vegetable oil are cheaper alternatives</li> <li>Peanuts, peanut butter, sunflower seeds</li> </ul>

