

inside nutrition



Everyone wants to eat healthy, but eating healthy has been thought to be very expensive and time consuming. Many individuals are faced with making the choice between that slightly more expensive salad or the cheaper high-fat burger, but don't get fooled too quickly. Contrary to popular belief, if money is tight, it is still possible to make healthy choices with a little extra planning.

1. Be sure to know the resources you have to spend on food and pre-plan the monetary amount and/or percentage you will use for each food group; protein, fruits, vegetables, grains, and staples or treats.
2. Make a menu plan for the week being sure to include all of the food groups in your daily menus.
3. Check your cabinets to see what foods you may already have and then grab the weekly sale papers and circle any foods you may need to purchase.
4. Compare the prices of the different items at different locations and shop where you can get the most bang for your buck. When looking at the ads, start with the fruits and vegetables, move to protein, grains, milk, and staples.
5. Only plan to purchase the fresh produce you will be able to use before they spoil. If you are unsure, you can also choose canned or frozen fruits/vegetables but check the label to ensure no added sugar or salt.
6. When choosing proteins, remember eggs, nut butter, and beans may be less expensive and just as nutritious choices as meats.
7. Grab whole grain breads, rice, or oatmeal which is usually inexpensive. For increased savings, look for day old bread or regular, instead of 'instant' rice or oatmeal.
8. Choose store-brand low fat milk and milk products to help save money. If you have extra funds, then use them to purchase healthy snacks.
9. When you get home from the store, be sure to store the food appropriately. Store those with the earliest expiration date first and ones that will last longer behind them. Place fresh foods in areas where they won't spoil quickly, and freeze foods if necessary to allow them to keep longer.
10. When preparing meals, be sure to extra careful with the portions. Only cook what you plan to eat so that you do not have waste.
11. Dine out smarter-For the occasional foray to your favorite eatery, consider sharing an entrée, take advantage of early-bird specials or the often cheaper lunchtime menu, and scour for groupons to your favorite establishments.

healthy monday tip

De-Clutter, De-Stress: It's easy to feel overwhelmed when you're surrounded by clutter; it's just one more reminder of what needs to get done. However, taking the time to clear and organize even one space in your life can do wonders for improving your mood and reducing your stress! Try your hand at a bit of cleaning this week. Start small by tidying up one area. Gaining control over part of your domain can help you feel accomplished and give you more space to get work done!

Try it – and have a Healthy Monday!
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