

Healthy Eating On A Budget



What is Healthy Eating?

There are many reasons to try and eat healthy. It's not just about weight. When you eat better, you feel better and you have more energy. Your body is stronger and you cope better with stress. Healthy eating does not have to be expensive. There are many ways you can eat healthy and still maintain your budget.

- Eat smaller amounts every 4 to 6 hours throughout the day. This is better for your body than waiting a long time and then eating a large amount.
- Choose foods low in fats, sugar and salt
- Eat balanced meals. Try to get foods from at least 3 different food groups at every meal. These are the food groups from the Canada Food Guide:
 - Fruits and vegetables
 - Grain products
 - Milk and alternatives
 - Meat and alternatives

Smart shopping to save money

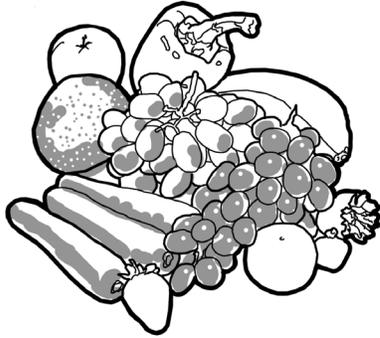
- Plan your meals. Check what foods you already have in the kitchen before shopping.
- Write down your grocery list and stick to it.
- Check flyers for sales before you shop. Avoid coupons for foods that are not on your list.
- Before choosing a food, compare prices and ingredients of similar items
- Store brand or generic products are often less expensive. They are equal quality.
- Avoid shopping on an empty stomach. Hungry shoppers buy more than they need.
- Drug stores often have good sales on cereals, peanut butter and other dried and canned goods
- If you use tobacco, cut back on buying tobacco products or quit



Fruits and vegetables

These foods are full of vitamins and minerals to keep you healthy. Canada's Food Guide suggests that women eat at least 7 servings of fruit and vegetables each day. Men should eat at least 8 servings.

Choose fresh fruit instead of juice. Choose 100% fruit juice with no added sugar and drink less than 1 cup each day. Juice is high in sugar and has no fibre.



✓ Good choices

- Frozen fruit or vegetables with no added sauces or flavourings
- Store brand canned fruit or vegetables:
 - Drain and rinse canned vegetables to remove excess salt
 - Buy larger containers of fruit. The cost for a serving is usually much less than single serving containers.
 - Canned fruit in water is preferable to canned fruit in syrup (less added sugar)
- Buy in-season produce when the supply is plentiful and prices are lower. For example, apples grown in North America ripen in August and September, so this is when they are less expensive. Citrus fruit is usually in season starting in December or January.
- Fresh bananas, oranges, apples, grapefruit, carrots, and celery are usually less expensive all year round.
- Vegetables like winter squash, parsnips and brussel sprouts are in season during the winter

Grain products

These foods are an important source of energy. They have vitamins, minerals and fibre. They keep you feeling full so you won't eat too much. Fibre keeps your bowels regular and is important for prevention of diseases.

Good sources of whole grains

- Whole grain bread, cereal, pasta, bannock
- Rolled oats (oatmeal)
- Brown or wild rice
- Barley, quinoa



✓ Good choices

- Buy in bulk when possible
- Buy plain rice instead of prepackaged or instant rice. You can add your own seasoning. Try cooking it with half water and half carrot or tomato juice, or adding some onion cooked with curry powder before you cook the rice.
- Day-old bread can still be good. Freeze it for later.
- Cooked cereals such as rolled oats are less expensive than cold cereals

Milk and alternatives

The calcium in these foods helps keep your bones and teeth strong. These foods can help prevent bone disease. Some also provide protein.

Good sources of milk and alternatives

- Milk or fortified soy, rice, almond milk
- Yogurt
- Cheese and cottage cheese
- Cream soup

✓ Good choices

- Powdered milk is less expensive than liquid and you can store it for much longer. No need to be kept in the fridge until it is prepared.
- Larger containers of yogurt are usually a better price for each serving than individual cups
- Store brand cheese is usually sold for less than brand name cheese
- Cheese and yogurt can be frozen for later



Meat and alternatives

These foods are high in protein. Your body needs them to maintain healthy organs, muscles, hair, nails, skin, immune system hormones and enzymes.

Good sources of protein

- Meat and poultry:
 - beef, pork, chicken, turkey
- Fish
- Peanut and nut butters
- Eggs
- Beans, lentils
- Soy
- Nuts and seeds

Meat and alternatives, continued -

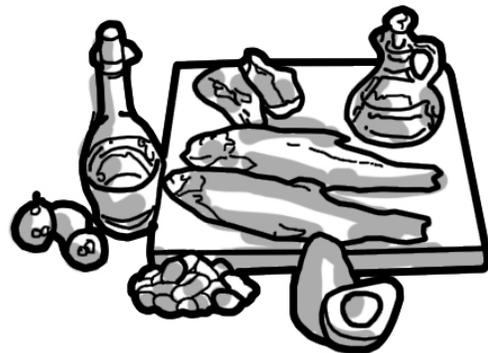


✓ Good choices

- Dried beans are the best value. Canned beans are also a good option if they are drained and rinsed.
 - Add beans or lentils to meat dishes to make them go further. For example, you can add beans and lentils to soups, chili, stews, and sauces.
- Buy meat on sale in family portions, then freeze in individual portions.
- Frozen and canned fish costs less than fresh

Healthy fats

Fats and oils are a good source of energy, and help you absorb certain vitamins (A, D, E & K). Eating too much fat can harm your heart and blood vessels. The Canada Food Guide recommends that adults eat only 2 to 3 tablespoons of fat each day.



Tips about fat

- Choose healthy fats more often. For example, try to eat plant fats such as olive oil, canola oil, nuts and seeds, avocado.
- Limit unhealthy fats. Avoid animal fats: butter, cream, white fat on meat, skin on meat.
- Limit high-fat foods such as fried foods, gravy, margarine, mayonnaise, baked goods, pastries, ice cream
- Choose low-fat alternatives for a healthy weight or to lower your cholesterol
- Use leaner cuts of meat and trim excess fat or skin
- Use lower fat cooking methods. Bake, broil, poach, grill, or steam your food.
- Eat fish whenever you can. Fish has healthy fats that are good for your heart.
- Generally liquid fats like olive and canola oil are better choices than solid fats like butter or lard. Use any fats in small amounts.

Good choices

- Buy butter, margarine and mayonnaise on sale. Larger quantities are usually the best price per serving. Check the “best before” date.
- Make your own salad dressings with oil, vinegar, and any herbs/spices
- Use vegetable oils instead of cooking sprays.

This material has been reviewed and approved by patients, families and staff.



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