

# The Parent's Guide to Eating Healthy Without Breaking the Bank

## Planning Ahead

**Build your shopping list around recipes for lunches and dinners planned for the week.**

**Plan meals according to sales in the paper.**

**Include meals that make whole grains and vegetables the focus, using smaller portions of meat.**

**Plan one or two vegetarian meals that use non-meat protein: beans and legumes, lentils, eggs or tofu.**

## Choosing the Right Foods

**Choose less expensive options such as frozen juice instead of fresh or plain oatmeal over flavored instant packets.**

**Stay away from processed or packaged foods because they are generally always more expensive. Stay away from foods by high in fructose or glucose or other words ending in "ose."**

**Snack on dried or fresh fruits and stick to popcorn or pretzels over chips and cookies- they are much healthier and generally less expensive.**

**Frozen fruits and vegetables are just as good for you but they are much cheaper and last longer.**

## Shopping Wisely

**Chose no-name or store brands- they're the same foods just less expensive.**

**Use the per-unit, found on the shelf labels, when doing comparisons between products.**

**Stock up on canned foods, long-lasting foods like dried pasta and rice, or frozen foods when on sale.**

## Inexpensive Healthy Food Options

**Mix any three of these tasty options into any meal for a healthy alternative!**

**Apples: 70 cents per serving**

**Bananas: 30 cents per serving**

**Canned tuna: 50 cents per serving**

**Yogurt: 50 cents per serving**

**Canned beans: 40 cents per serving**

**Canned tomatoes: 34 cents per serving**

**Oranges: 70 cents per serving**

**Lentils: 14 cents per serving**

**Carrots: 19 cents per serving**

*Information provided by CBS report*

## Easy Portion Tips

**These easy tips will help you use less of everyday ingredients, which really add up in price.**

- **A teaspoon of butter or margarine is roughly the same size as the tip of your thumb**
- **Three ounces of meat is equal to a deck of cards**
- **One cup of pasta is about the size of a tennis ball**
- **1 ½ ounces of cheese is the size of three dominoes**
- **Two tablespoons of peanut butter is roughly equivalent to a ping-pong ball**
- **A half-cup of vegetables is the size of a light bulb**

**Proportion tips recommended by the US Department of Agriculture.**

