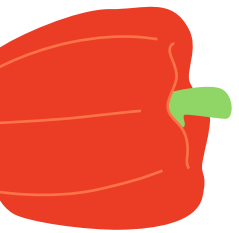
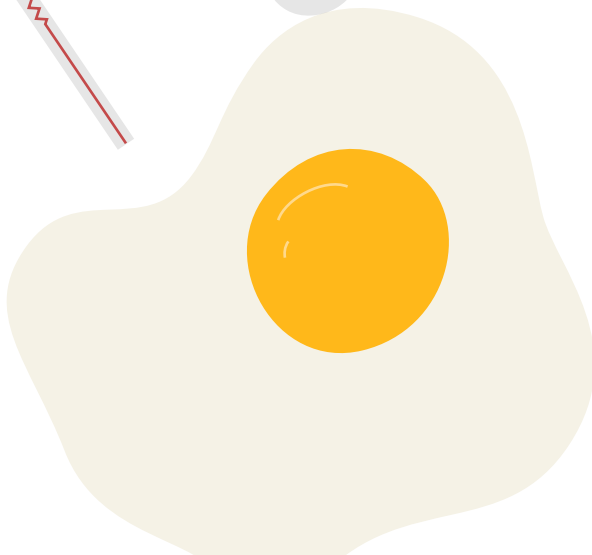
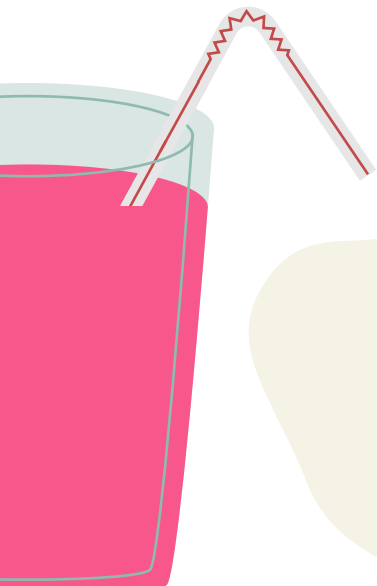
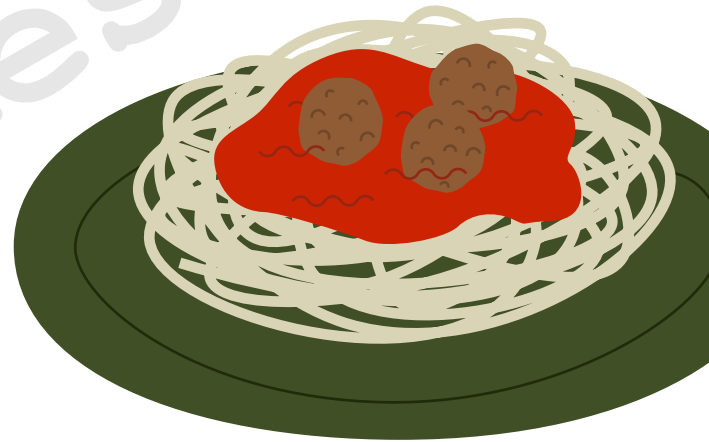


eat
right essentials



EATING HEALTHY ON A BUDGET





BUDGET-FRIENDLY BIG-BATCH FOODS

If you want to save money, try cooking in bulk. Once a week (or even once a month), prepare several big-batch recipes and freeze them in smaller portions. This will save time and money in the long run. Choose recipes that freeze well, and learn how to freeze and thaw foods safely.

Freezer-Friendly Foods

Here are some foods that freeze well:



- ← **Casseroles, sloppy joes, lasagna, and chili:** Cook 2 to 3 times the amount in the recipe. Freeze single-serving or family-sized portions in microwave-safe containers.
- ▶ **Sauces:** The cost of jars of sauce can add up. Instead, make your own large batches of tomato, barbecue, or pesto sauces. Freeze the sauce in muffin tins or ice cube trays. Then pop out the portions of frozen sauce and place them in freezer-safe bags. If you prefer jarred sauces, save money by buying them in a large jar and freezing smaller portions.
- ▶ **Soups and chowders:** Make a double batch of chowder or lentil, split pea, beef, bean, chicken, or vegetable soup. Freeze the soup or chowder in sealed containers (1 quart or smaller), and thaw as needed in the refrigerator.
- ← **Meatballs and burgers:** Prepare a large number of hamburger patties or meatballs. Freeze meal-sized amounts in freezer-safe plastic bags or containers.
- ▶ **Stocks:** Stocks add flavor to dishes. Cook a double batch of chicken, fish, beef, or vegetable stock, then freeze it in small containers or freezer-safe bags in amounts of ½ to 1 cup.
- ▶ **Muffins and rolls:** Store-bought muffins and rolls can be costly, and they can be high in calories. Instead, bake and freeze healthier options, like whole wheat rolls or bran muffins.

CHOOSING FREEZER CONTAINERS

Think about how many people you will need to feed. To feed a family, you will need containers that hold several portions. Choose containers that are freezer-safe and microwave-safe and close tightly. Re-sealable freezer bags are also a good option.

- **Cookies and brownies:** Bake a double or triple batch of cookies or brownies and freeze them. You can also freeze raw cookie dough for later use. To freeze dough, roll it into a log shape, and wrap it tightly in waxed or parchment paper. When ready to bake, unwrap the frozen log, cut the dough, and bake as directed in the recipe. Baking time may be slightly longer if dough is frozen.

Safety Tips for Freezing and Thawing

- ▶ To safely freeze cooked food, start by dividing it into shallow containers. Allow the hot food to cool slightly, but do not leave the food at room temperature for longer than 2 hours. (During warmer weather, foods should be refrigerated within 1 hour.) Place the food, which can still be warm, in the refrigerator and cover it loosely. Once cooled, tightly seal the containers and place in the freezer, or freeze the food in sealed freezer bags. Label the container or bag with the date and name of the food. You can store most prepared food safely in the freezer for up to 3 to 4 months. Beyond that time frame, their quality may suffer.
- ▶ Do not defrost food at room temperature (for example, on the countertop). Instead, safely thaw food in the refrigerator. To make sure food thaws in time, place the frozen food in the refrigerator the night before you want to use it. A microwave may also be used to thaw foods, but these items need to be cooked immediately after thawing.
- ▶ Some foods can go straight from the freezer to the stove or oven. For example, frozen peas or hot dogs can be cooked in water in a saucepan, and frozen pizzas or egg-based dishes can go into the oven. Be sure to reheat prepared foods to an inside temperature of at least 165° Fahrenheit.
- ▶ Once a food is defrosted in the refrigerator, use it within 2 to 3 days. Check www.foodsafety.gov for more information on safe freezing and thawing of prepared foods.

HEALTHY RECIPE SITES

Check these sites for budget-friendly big-batch recipe ideas:

- ▶ Academy of Nutrition and Dietetics:
www.eatright.org/food/planning-and-prep
 - ▶ USDA, SNAP-Ed Connection:
snaped.fns.usda.gov/nutrition-education/recipes
 - ▶ What's Cooking?
USDA Mixing Bowl:
www.whatscooking.fns.usda.gov
 - ▶ American Cancer Society:
American Diabetes Association,
Diabetes Food Hub:
www.diabetesfoodhub.org
 - ▶ American Heart Association:
<http://recipes.heart.org/en>
 - ▶ American Institute for Cancer Research:
www.aicr.org/healthyrecipes
 - ▶ Feeding America:
<http://hungerandhealth.feedingamerica.org/healthy-recipes>
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DIABETES MEAL PLANNING

People with diabetes can save money and stay healthy by choosing whole grains, fruits, vegetables, low-fat/fat-free sources of dairy, and lean protein foods. Here are 2 simple ways to cut costs and make healthy food choices:

- ▶ **Purchase fewer high-calorie foods and those with added sugars** (like chips, cookies, cakes, and candy).
- ▶ **Cut your portion sizes.** Eat reasonable portions of foods and drinks to help keep blood glucose (sugar) at healthy levels.

Keep reading for more shopping and cooking tips!

PORTION CHART*

Bread: 1 slice



Rice or pasta: ½ cup, cooked



Potato: 1 small (3 ounces)



Beans, lentils, peas, or corn:
½ cup, cooked



Fat-free or low-fat milk: 1 cup



Apple or banana: 1 small
(4 ounces)



Cooked nonstarchy vegetables: ½ cup



Raw nonstarchy vegetables:
1 cup



**The carbohydrate amount varies by food group.*

At The Market

- ▶ Choose plain frozen vegetables instead of those with sauces, which can cost twice as much and have more calories, fat, and sodium.
- ▶ Buy quarts of low-fat or fat-free yogurt instead of smaller containers. Divide each quart into individual servings.
- ▶ Buy snacks, such as unsalted nuts, in large packages and divide into your own single-serve bags. Single-serving packages of snacks cost more per serving.
- ▶ Choose fresh fruits in season, or buy frozen fruit or canned fruit packed in water or 100% juice, instead of canned or frozen fruit in syrup or with other added sugars.
- ▶ Buy heads of lettuce or other greens instead of packaged, chopped, or washed greens.
- ▶ Choose a package of quick-cooking oats instead of instant or single-serve packages of oatmeal. Add your own toppings, such as fruit and nuts.
- ▶ When possible, buy dry beans instead of canned. Dry beans cost less per serving. Beans provide dietary fiber, which helps keep blood glucose levels stable.

SIMPLE BALSAMIC VINAIGRETTE

Makes 8 servings
(2 tablespoons each)

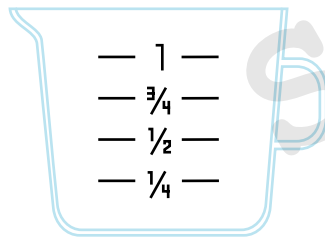
Ingredients:

- ▶ ¼ cup balsamic vinegar
- ▶ ¾ cup olive oil (or other vegetable oil)
- ▶ Salt and pepper to taste

Directions:

In a small bowl, combine vinegar, salt, and pepper.

Slowly whisk in oil. Store in the refrigerator.



- ▶ Choose healthier snacks like unsalted nuts, fresh fruits and vegetables, low-fat or fat-free yogurt, whole wheat crackers, and reduced-fat cheese.

In the Kitchen

- ▶ If you buy canned fruit in syrup, drain and rinse the fruit before you serve it. The syrup can cause blood glucose levels to rise.
- ▶ Start meals with a tossed green salad or broth-based soup, such as vegetable or bean soup. These foods help fill you up.
- ▶ Snack on homemade trail mix. Mix a handful of unsalted nuts, dried fruit, and whole grain cereal. Store in small packages for an easy grab-and-go treat.
- ▶ Pack your own lunch for work or school instead of buying meals when you're on the go.
- ▶ Instead of frying foods in large amounts of oil, use healthier cooking methods, like baking, broiling, poaching, boiling, steaming, or grilling.
- ←→ Measure portions of carbohydrate foods like whole grain pasta, bread, brown rice, beans, lentils, peas, and corn (see Portion Chart for examples). Eating smaller amounts of these foods will help keep blood glucose in a healthy range and cut costs.
- ▶ Go meatless several days of the week. Protein foods like eggs, tofu, beans, peas, and lentils are usually cheaper than most meats and poultry.
- ▶ Use cheaper cuts of lean meat to make stews and chili. Add vegetables, beans, and some shredded cheese for a healthy, balanced meal. Make a double batch and freeze half for later.
- ←→ Save money by making your own vinaigrette dressing (see recipe). Homemade dressing usually has less calories, sugar, and salt than store-bought types.



EATING HEALTHY ON A COLLEGE BUDGET

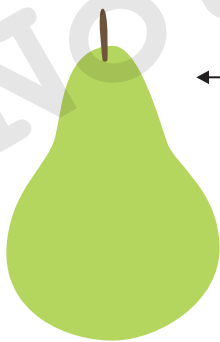
As a college student, you might find it difficult to eat healthy on a budget. Take advantage of refrigerators, microwaves, and stoves in dorms and apartments to prepare healthy foods that cost less than eating out. Keep reading for tips for making healthier food choices on a college campus.

In Your Dorm Room

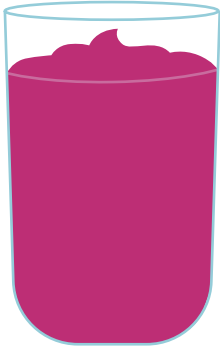
With access to a microwave, mini-fridge, and blender, you can make easy breakfasts and grab-and-go snacks that can help you save cash. Here are some quick and easy ideas:



- ← Buy bulk bags of whole grain cereal, dried fruit, and nuts. Store in clear plastic bags or containers so you will see these foods when you're thinking about what to eat.
- ▶ If you find yourself throwing away fresh milk because it doesn't get used before it spoils, buy nonfat dry milk instead. It costs less and lasts longer. Or buy smaller containers of perishable foods like milk and yogurt.
 - ▶ For breakfast or a snack, microwave a bowl of quick-cooking oats mixed with low-fat milk or water. Add 2 tablespoons of dried fruit or chopped nuts for flavor and nutrition.



- ← At the store or farmer's market, look for less-expensive fresh fruit, such as apples, oranges, bananas, and pears. In-season fruits are usually less costly. Unsweetened canned fruit cups are another option to have fruit at any time.
- ▶ Buy lower sodium, canned soups instead of instant noodle soups (such as ramen), which are loaded with salt.
 - ▶ Enjoy any of these sandwiches for a quick lunch or dinner:
 - Lean deli meat on 100% whole wheat bread with tomato and mustard



- Peanut butter and jelly on whole grain bread
- Shredded cheese and sliced tomato inside a whole wheat pita

For a quick, healthy smoothie, blend together fresh or frozen fruit, low-fat or fat-free yogurt, and 100% fruit juice or low-fat milk.

In Your Apartment Kitchen

If you know where to shop and what foods to buy, you can save a lot of money by cooking in your apartment. Here are some tips to get you started:

- ▶ Look for a discount supermarket in your area. Sign up for a free membership card to get store coupons and discounts.
- ◀ To manage your time wisely, set aside some time each week to write a menu and shopping list. Having a list with you at the market will also help you avoid impulse purchases.
- ▶ Fresh meat, fish, and chicken can be costly. Instead, choose lower priced protein foods more often, such as tuna canned in water, eggs, and peanut butter. Look for meats on sale and freeze in smaller, well-wrapped packages so they are ready when you need them.
- ▶ Invest in a small coffee maker or buy instant coffee instead of going out for high-priced (and often high-calorie) coffee drinks at the local coffee shop.
- ▶ Skip snacks with added sugars and saturated fats or *trans fats*, such as cookies, cakes, and chips. Instead, choose healthier snacks like whole wheat pretzels, fruit, vegetables, nuts, low-fat or fat-free yogurt, and cheese sticks.
- ▶ Prepare a recipe that serves 4 or more and freeze individual servings for later use. This will cost less than most packaged meals.
- ▶ Have a potluck dinner with friends. Suggest a healthy dish to each person. Enjoy the company of your friends while saving money on food.
- ▶ Pop your own popcorn instead of buying microwave popcorn. (Try the recipe to the left.)

GROCERY LIST

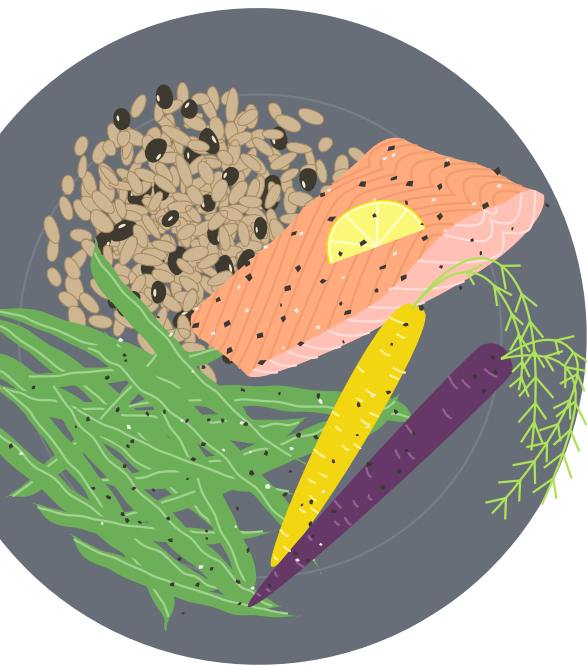
broccoli
bell pepper
zucchini
eggplant

brown rice
whole wheat pasta
chick peas

EASY AIR-POPPED POPCORN

Place ¼ cup unpopped popcorn kernels in a brown paper lunch bag. Tightly fold over the top of the bag several times. Microwave on high for about 2 minutes or until the popping slows. Enjoy plain or add a sprinkle of salt, butter powder, or grated parmesan cheese.



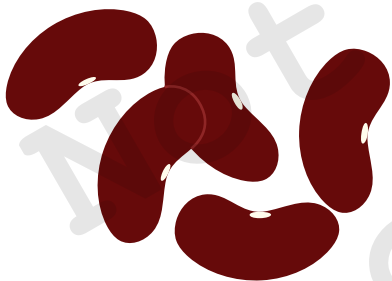


MANAGING YOUR WEIGHT

Losing or maintaining weight may seem like a challenge in itself. Doing so on a budget may make it seem even harder. Luckily, a healthy eating plan to help you lose and maintain your weight **can** be affordable! Here are some tips to get you started.

At Home

- ▶ **Plan ahead.** Set aside time to find healthy recipes, plan menus, schedule meals, and write out a shopping list before you shop. When you have a plan, you are more likely to seek out healthy foods.
- ▶ **Watch portion sizes.** Fill half your plate with vegetables and fruits. Split the other half equally between lean protein foods and grains. (Choose whole grains most of the time for dietary fiber and more nutrients.)
- ▶ **Avoid fad diets.** These diets are usually short-lived because they're hard to follow. Some can also be costly if it requires special foods or supplements. Your best (and cheapest) bet is to stick to a healthy eating plan.
- ▶ **Create a support group.** Create your own support group with friends or family and exchange tips, recipes, and success stories to stay motivated.
- ▶ **Go meatless once or twice a week.** Choose meat-free meals, such as dishes based on beans, eggs, whole grains, vegetables, or tofu. Keep in mind that meatless dishes that are fried or use lots of cheese, cream, butter, or oil will be high in calories.
- ▶ **Pack a lunch.** Instead of going out for lunch, pack your own using leftovers or less-expensive ingredients from home. Making your own lunch helps to control calories and it can save a lot of money in the long run.
- ▶ **See a registered dietitian nutritionist (RDN).** An RDN can give you advice and support as you manage your weight, as well as offer tips about your food budget. Go to www.eatright.org to find an RDN in your area.



SIMPLE STEPS TO CUT CALORIES AND BOOST NUTRIENTS

1. **Fill up on fiber-containing foods**, such as whole grains, fruits, vegetables, beans and peas, and nuts and seeds. These foods can help satisfy your appetite with fewer calories.
 2. **Include protein with your meals and snacks** to help you feel full longer. Examples include low-fat Greek yogurt, reduced-fat cheese, lean meat and poultry, eggs, and nuts.
 3. **Shrink your portions** to help reduce calories. Reducing usual portions by about $\frac{1}{4}$ to $\frac{1}{3}$ can add up to big calorie (and cost) savings.
 4. **Limit foods higher in saturated fat and added sugars.** This means cutting back on foods that supply calories with few nutrients, which also tend to cost more, such as baked goods, fried foods, sugar-sweetened beverages, and desserts.
-



GREEK YOGURT

At The Market

- ▶ **Skip prepackaged meals.** Instead, stick to your shopping list of ingredients to make your own meals.
- ▶ **Buy fresh, seasonal produce.** Fresh, in-season fruits and vegetables tend to be cheapest and are an essential part of any healthy eating plan. Look for produce on sale at the market each week or shop at your local farmers' market.
- ▶ **Save on protein foods:**
 - Meats, poultry, and fresh seafood tend to be more costly. Save money and control calories by sticking to smaller portions (3 to 4 ounces per serving). Also, buy less-expensive protein foods like eggs, canned fish, or beans and lentils.
 - Whole chickens are cheaper than chicken breasts. You can cut the chicken up and divide it into meal-size portions at home. Remove chicken skin before eating to reduce saturated fat and calories.
 - Buy large packages of meat or poultry to save money over time and freeze extra portions in sealed freezer-safe bags for future use.
- ▶ **Buy in bulk.** Larger packages of food tend to cost less per unit than smaller ones. Pantry staples like olive oil, brown rice, whole-wheat pasta, and nuts are some good choices to buy in bulk. If a large package is too much, split it with another family.

NOTES

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