

FOR IMMEDIATE RELEASE

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Eat Healthy on a Budget

Welcome to March! You might see or hear more about nutrition this month than usual. March is National Nutrition Month. Participate in some of the healthy eating habits being promoted this month. I encourage you to find a habit or two to continue in the months to come. In order to eat healthy, you need to prepare yourself in many ways. One is to have plenty of healthy food within reach. Many people think eating healthy costs a lot. There are ways to keep the costs low while eating healthy.

How to Eat Healthy on a Budget?

There are many different ways to eat healthy on a budget. I am going to describe some ways to eat healthy on whatever budget you want to set. One of the best ways to eat healthy on a budget is to cook more at home. If you do not think you have time, cook larger portions when you have time and save some for later or use it as on-the-go meals. Before you do this, you need to know how to shop healthy on a budget. This takes two steps. First, you need to plan out your meals. By planning out your meals, you will know what you need to make the meals. After this is figured out, prepare to shop. Preparing to shop involves making a grocery list. Once the grocery list is put together, look to see if there are coupons for grocery items on your list. You can find tools to help with your meal planning and grocery list at <https://www.choosemyplate.gov/eathealthy/budget>.

The second step in eating healthy on a budget is knowing some tricks to shop smart. These are; stick to your grocery list, do not shop when you are hungry, look for items on sale (but check the unit price), buy whole foods (check the label), buy generic brands, buy cheaper cuts of meat, replace meat with other sources of protein (i.e. beans, eggs, etc.), buy produce that is in season, and buy in bulk.



Source: [Academy of Nutrition and Dietetics](https://www.choosemyplate.gov/eathealthy/budget)

One final way to eat healthy on a budget is to change the way you think about some things you eat. Instead of buying sauces, dressings, dips, soups, etc., make them. By making your own items, you save money, control how healthy the item is, and you can tailor it to your own taste. Another way to change the way you think about what you eat is by adding more nutrition to the meal. Look for creative ways to add more vegetables and fruits to your daily routine. Start your morning with a veggie omelet or a bowl of oatmeal with fresh fruit and nuts.

Please contact me to schedule an appointment or for more information, contact Tyler Johnson, tajohnson120@ksu.edu, or by calling 620-232-1930.

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