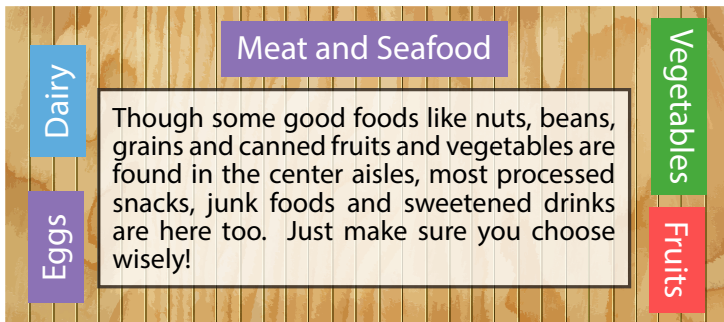
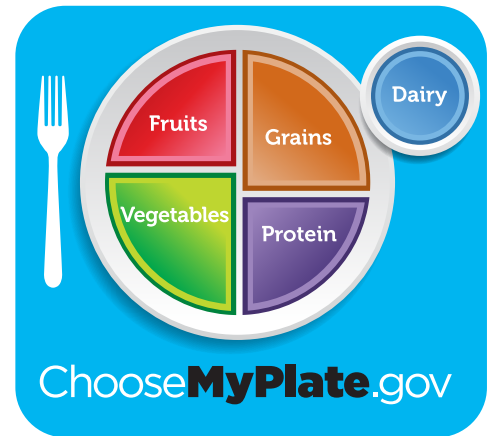


# Healthy Shopping on a Budget

## Keep MyPlate in Mind

Before you go grocery shopping, make a shopping list that includes foods from all five food groups so you can build a healthy plate at every meal.

- Always try to make half of your plate fruits and vegetables.
- Remember that there are protein sources other than animal product such as nuts and beans.
- Choose low-fat dairy options.



Though some good foods like nuts, beans, grains and canned fruits and vegetables are found in the center aisles, most processed snacks, junk foods and sweetened drinks are here too. Just make sure you choose wisely!

## Shop The Perimeter

The healthiest foods are located around the edges of the grocery store, which means that less healthy options are located in the middle aisles.

Always shop the perimeter of the store first, and then see what else you need from the center aisles.

## Remember the Rainbow When Buying Produce

Different colors mean different nutrients. When eating fruits and vegetables, try to eat as many colors of the rainbow as you can, so you get a variety of good nutrients.



## Visit Local Farmers' Markets When You Can

It's always best to choose in-season and local produce. This will save you money, and your produce will taste better because it has traveled less to get to you. Many farmers' markets accept SNAP, and some even double the dollar!

## Fruits and Vegetables are great in many forms... but be careful when buying canned and frozen!

If in-season fruits and vegetables are limited in your area, frozen and canned produce are great options too. Canned and frozen produce is always less expensive than fresh, but it can be high in sodium and sugar.

When choosing canned vegetables, **choose low or no sodium options**. When choosing canned fruits, make sure they are in **100% fruit juice or water** rather than syrup. Choose frozen produce **without added salt, fats or sugars**.



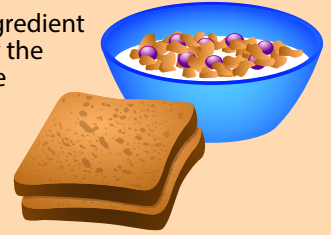
## Choose Whole Grains Instead of Refined Grains

Whole grains have more fiber, vitamins, and minerals. Fiber helps to keep you full longer, can help lower cholesterol, and is good for digestive health. Some whole grains include oats, quinoa, and brown rice.

### Check the Ingredient list

Make sure the first ingredient is "whole" followed by the name of the grain, like "whole wheat"

Don't be fooled by names like "multigrain", "stone ground", "cracked wheat" and others. These do not necessarily mean products are made with whole grains.



## Use Unit Prices to Compare Foods

6 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.12 per oz.	<b>\$0.72</b>
 9 781565 924796	

32 OZ LOW FAT YOGURT	
UNIT PRICE	RETAIL PRICE
\$0.05 per oz.	<b>\$1.62</b>
 9 785715 968294	

Unit pricing makes it easy to compare prices of similar products even though they may be packaged differently, or from different brands. Be sure to compare products with the same measuring unit. For example ounces to ounces or pounds to pounds. **Remember, 16 oz = 1 lb!**

It looks like the 6oz yogurt is less expensive because it has a cheaper **retail price**. But when you compare **unit price**, you can see that the 32oz yogurt is actually \$0.07 cheaper per ounce.

## Read Food Labels

Eat less sugar, fat, sodium, and cholesterol

Eat more fiber, vitamins and minerals

Serving Size 1 cup (228g)		Servings Per Container 2	
Amount Per Serving			
Calories 250		Calories from Fat 110	
		% Daily Value*	
<b>Total Fat</b> 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
<b>Cholesterol</b> 30mg			10%
<b>Sodium</b> 470mg			20%
<b>Total Carbohydrate</b> 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
<b>Protein</b> 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%

### Serving Size and Number of Servings

This food label is for a package of crackers. The package has 2 servings and each serving is 1 cup. All measurements on this label are for **one serving**. So if you eat the whole package, you have to multiply all nutrient amounts by 2. You'd be eating 500 calories, 24g Fat, 60mg Cholesterol and 940mg Sodium!

### Daily Values

Try to get  
**5% or more of**

Fiber  
Vitamin A  
Vitamin C  
Calcium  
Iron

Try to eat  
**20% or less of**

Total Fat  
Saturated Fat  
Trans Fat  
Cholesterol  
Sodium

## Plan your Meals, Make a List and Stick to It

Planning will save time and money at the grocery store, and will make meal preparation easy. **Take advantage of sales!** Use the store's bargain flyer to help plan your meals. Make your list before you go to the store and buy only what's on your list. Sticking to your list will keep you within budget, and will prevent food from going to waste. If you end up with extra food, remember you can almost always freeze it!

## Use Foods in More Than One Meal

Keep this in mind especially if foods are on sale! You will not only save money, but meal time will be more interesting. Rather than eating the same foods all the time, experiment with trying foods in different ways. For example, you can eat beans by themselves, puree them in a dip to eat with tortillas or vegetables, have them on salads, or add them to chili and stews.

