

Healthy Eating on a Budget

Breakfast

Breakfast can be the most important meal of the day. Include low-cost foods from at least three MyPlate food groups.

Grains for energy and fiber

- 1 slice whole-wheat bread, toasted (counts as 1 oz.)
- 1/2 cup cooked oatmeal or 1 cup boxed, dry cereal (counts as 1oz.)
- 1 6-inch flour or corn tortilla (counts as 1 oz.)

Fruits for vitamins, minerals and fiber

- 1-apple, banana or orange (counts as 1 cup)
- 1 cup 100% orange juice
- 8 large strawberries (counts as 1 cup)
- 1/2 large grapefruit (counts as 1/2 cup)

Protein to feel full longer

- 1 egg, any style (counts as 1 oz.)
- 1 tablespoon peanut or almond butter (counts as 1 oz.)
- 1/4 cup black beans (counts as 1 oz.)
- 12 whole almonds



Vegetables for vitamins, minerals and fiber

- 2 cups raw spinach (counts as 1 cup)
- 1 medium baked potato (counts as 1 cup)
- 1 cup cubed, cooled squash (such as acorn, butternut or zucchini)

Dairy for protein, vitamins and minerals

- 1 cup fat-free or low-fat (1%) milk
- 1 cup fortified soy beverage
- 1 cup yogurt
- 2 cups cottage cheese (counts as 1 cup)



Breakfast Tip
Whole-wheat toast with peanut butter, topped with cottage cheese=grain + protein + dairy.

Lunch

Lunch is an away-from home meal for many people. Packing healthy food to go is the best budget saver.

Start with a grain. Choose whole-grain pita pockets, tortillas, crackers or bread.

Team your grain with protein. Add peanut butter, thin-sliced turkey, cheese, tuna salad or lean roast beef. Hard-cooked eggs, nuts, seeds and tofu are other good protein choices.

Include protein beverages such as low-fat milk or soy drinks.

Remember the veggies! Dress up your lunch with portable extras such as tomatoes, lettuce, mushrooms, celery or spinach.

Choose from fruits in season.
Try grapes, apples, peaches, pears or oranges for a tasty dessert.

Reheat leftovers for a quick lunch or dinner.

Dinner

Dining at home is less expensive than dining out.
Here is a basic plan for a 30-minute dinner that's quick, healthy and budget friendly.

- Start with a grain-make it a whole grain if you can. For example: use brown rice, bulgur, barley, pasta, a tortilla or pizza crust.
- Add any combination of:
 - Vegetables
 - Low-fat cheese
 - A serving of lean meat, fish, poultry or beans
 - A simple sauce



- Go heavy on the veggies.
- Bake, broil, steam or stir-fry your combination.
- Serve your meal with fruit or salad, and low-fat milk.

Additional ways to save!

- Use smaller portions of meat. Add more beans or vegetables to bulk it up.
- Use instant non-fat milk when recipes call for milk.
- Buy fresh food only in amounts you can use before it spoils.
- Cook it yourself. Pre-cut, pre-washed and ready-to-eat foods often cost much more.
- Start a garden. If someone you know grows their own vegetables, ask them to help you get started.



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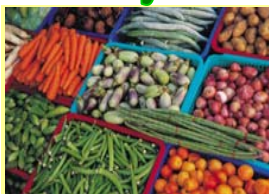
Healthy Meals on a Budget



Informed Decisions Save Money and Time



Healthy Meals On A Budget



Healthy Meals on a budget gives you ideas of healthy meals that you can prepare at home with ingredients recommended by the federal government's

Dietary Guidelines for Americans using MyPlate. My Plate tells you how much of different kinds of food your body needs to feel good and stay healthy.

There are a lot of inexpensive, delicious ways to fit healthy foods into your menus daily.

Healthy Eating Basics



- Eat more fruits and veggies.**
Dark-green, orange and red veggies give you lots of vitamins.
- Include grains every day,**
Especially whole grains. Try brown rice, whole-grain pastas and popcorn (hold the butter and salt).
- Choose different kinds of protein.**
Eat seafood, beans, eggs and foods made from soy. Eat small amounts of lean meat and poultry.
- Make dairy foods fat free or low fat (1%).**
Include milk, yogurt, cheese or fortified soy foods.
- Find your calorie limit at www.myplate.gov.**
Learn what you can eat while sticking with your limit. Choose food with little or no added sugars, solid fats and salt.

Go to www.MyPlate.gov to make your own personal eating plan.



Purchase Healthy Foods on a Budget

WHILE AT HOME

- **Know your food budget.**
- **Plan meals for the week.** Plan healthy lunches and snacks for between meals.
- **Check to see what foods** you already have. Make a list of foods you need for the week.
- **Check food ads** for sales, coupons and store specials for the foods on your list.
- **Eat before you shop.** You'll be more likely to stick to your list if you're not hungry.

PLAN AHEAD

Shop and prepare enough meals for the week ahead of time. Try these budget friendly ideas:

- Cook a pot of dried beans on the weekend.** Use them during the week instead of meat in soups, burritos, salads and other meals.
- Make a batch of pancake batter.** Keep it in the refrigerator to drop onto the griddle for a quick breakfast. Serve with fruit or yogurt.
- Wash and cut up raw vegetables.** Refrigerate in containers. Use for snacks, lunches, soups, casseroles, stir-fries or salads all week long.
- Eat one, freeze one.** Double the recipe when you make casseroles, soups, stews, chili or meatloaf. Freeze the second serving.
- Freeze spaghetti sauce in family-size containers.** Serve over pasta, baked potatoes, rice or spaghetti squash.

CREATE A BUDGET

Keep track of what you spend on food for a month. Adjust to fit your overall expenses.

SHOPPING FOR FOOD

- **Stick to your list.**
- **Check the price per ounce** of the foods you need. Try store brands-they usually cost less.
- **Buy in bulk when you can.** Grains, rice, seeds and nuts are less expensive that way.
- **Shop the outer aisles.** Fruits, vegetables, low-fat and fat-free dairy products, lean proteins and whole-grain breads are often in these areas of the store.



KNOW WHAT TO BUY

- **Buy bread on sale.** Keep it in the refrigerator or freeze for later.
- **Watch for fruits and vegetables in season.** The price will be better.
- **Buy large bags of frozen vegetables for the freezer.** Watch for sales on canned fruits and vegetables.
- **Lentils, dried beans and peas** are good, low-cost sources of protein, and are easy to keep on hand.
- **Buy lean cuts of meat on sale.** They're higher in protein and lower in fat. Try ground turkey instead of beef.
- **Buy fresh fat-free or 1% milk** in the largest size you can use before it spoils.
- **Choose chicken.** It has fewer calories, less fat and usually cost less than red meat. Buy whole chicken and cut it up for more savings.



PROPER PORTION SIZE

Make these food choices every day for a healthy 2,000-calories diet.

6 ounces of grains (half should be whole grains)

1-ounce servings equals:

- 1 slice bread
- 1/2 bagel, English muffin, Kaiser roll, bun
- 1 6 inch corn or flour tortilla
- 1 cup boxed, dry cereal
- 1/2 cup cooked cereal, pasta or rice

2 1/2 cups vegetables

1-cup serving equals:

- 2 cups leafy greens (lettuce, raw spinach, kale)
- 1 cup all others (beets, carrots, red cabbage, sweet potatoes, yellow squash)



2 cups fruit

1-cup serving equals:

- 1 medium whole fruit (apple, orange, pear)
- 1 cup dices fruit (pineapple, melon, peaches)
- 8 oz. of 100% juice

3 cups fat-free or low-fat (1%) milk products

1-cup serving equals:

- 1 cup (8 oz.) milk, yogurt or fortified soy beverage
- 1 1/2 oz. hard cheese (cheddar, Swiss)
- 2 cups cottage cheese



5 1/2 ounces protein

1-ounce serving equals:

- 1/4 cup beans or peas
- 1/3 small hamburger, chicken breast or piece of fish (the whole hamburger, chicken breast or piece of fish counts as 3 ounces)
- 1 tablespoon peanut butter
- 1 egg