



Eating Healthy on a Budget

We've talked about why we need to eat healthy. Now we will talk about how. I get a lot of complaints that it is so expensive to eat healthy. So we will discuss how to eat healthy on a budget.

- 1) Start with fruits and vegetables that are in season. Fruits and vegetables are always cheaper in season.**

If you can go to the Farmer's Market go and see if you can get discounts on goods that are left over.

Grow a garden. Even in large pots or tubs. You get the benefits of the exercise gardening provides and the fresh vegetables that are in season

- 2) Go with frozen. Frozen vegetables can be an inexpensive alternative to fresh. They also tend to have less salt than canned. They are also easy to use.**

- 3) Canned fruits and vegetable work but you will have to pay more attention to sodium and sugar content**

Wait to buy these when they are on sale. Stock up at that time. This is true about all canned, frozen, and dry products.

- 4) Dried beans are cheap and a great way to increase your fiber.**

One of my favorite meals on the cheap is turnip greens, black-eyed peas, and cornbread. You could also try tomatoes and okra with pinto beans and cornbread.

Red beans and rice is also cheap. Add tomatoes and you have another favorite of mine.

- 5) Vegetables soups and stews are fairly cheap to make when you limit your meat or buy it cheap.**

- 6) Keep processed to a minimum. Usually the more convenient the product is the more it cost.** Processed foods are also higher in salt, fat and sugar.

- 7) Try one new healthy food a month, or if your adventurous, a week.** Choose from fruits, vegetables, whole grains or legumes. Or maybe a new recipe including one or more of these.