



Healthy Eating on a Budget

You know you should improve your diet, but “health foods” always seem to cost more. It is possible to have a healthy diet on a reasonable budget. If you follow these tips, you’ll discover that you don’t have to shop at expensive health food stores to eat well.

1. **Buy in bulk.** Buy large portions, divide into individual servings, and freeze. This works well for lean meats and poultry. You can also buy in bulk at chains like Sam’s and Costco. These establishments sell whole-grain cereals, soups, sauces, pasta, meats, and fruits and vegetables at a much lower cost than regular markets.
2. **Cook in bulk.** Make dishes on the weekends that you can eat during the week, or freeze and use at a later date. This saves you the cost of expensive frozen dinners, take-out food, and last-minute detours to the drive-through window.
3. **Go generic.** Generic or store brands offer great savings and they are typically just as nutritious as their costlier counterparts.
4. **Be season-savvy.** Seasonal fruits and vegetables taste best and are often much less pricey than imported out-of-season varieties.
5. **Limit junk food.** Ice cream, chips, cookies, and frozen foods can add up to be the most expensive items in your cart. Trade the money you spend on junk food for fresh avocados, luscious grapes, and crunchy apples. These are all delicious and totally natural.
6. **Plan ahead.** Research shows that shoppers without a list tend to buy more food, especially of the snacking variety. Make a list of the healthy items you want to buy prior to going to the supermarket.
7. **Don’t go to the store hungry.** Being hungry will weaken your resolve. You’ll be more tempted to indulge in items that are unhealthy and more costly.



Source: UnitedHealthcare

For more information regarding the TeamHealth Wellness Program, go to the Wellness Website (teamhealth.com/wellness).

Contact wellness@teamhealth.com with any questions you may have.