

healthy
for  **LIFE**™
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eat well and save



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Good news! You can eat well and still stay within your budget if you learn how to shop wisely.

Healthy eating doesn't have to be expensive. With a little shopping savvy, it's easy to stretch your dollar and maintain a healthy lifestyle.

TIPS FOR HEALTHY EATING ON A BUDGET

Buy in Bulk – The bulk section, either at a bulk-food store or the bulk aisle at your local grocery store, is your new best friend. Grains such as brown rice, oats, barley, and pasta are relatively low in cost.

Load up on Lean Meats – “Choice” cuts of meat are leaner and cost less than the more expensive (and fattier) “prime” cuts. Cook these cuts slowly so the meat becomes more tender and flavourful. Better yet, buy your meat in bulk and freeze the unused portions.

Be a Bean Counter – Beans are good for your heart and your wallet. Beans are low in fat, and high in protein, dietary fibre and B vitamins. While canned beans are relatively inexpensive, dried beans are even better because they cost less and are lower in sodium.

Dairy Done Right – Skip single servings of milk and yogurt, and avoid pre-sliced or pre-shredded bags of cheese. Look for bags or jugs of milk, large containers of yogurt, and low-fat cheese in blocks. Save even more by choosing store brands vs. name brands which are essentially the same product but marketed under a different label.

Fresh or Frozen? – When it comes to fruits and vegetables, you are getting good value either way. When buying fresh, choose in-season and local fruits and vegetables. Remember, frozen varieties are just as nutritious and will last longer than fresh produce.

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