



How to Eat Healthy AND Save Money

Changing your diet can seem daunting, and with the rise in grocery prices, eating healthy can seem impossible to achieve. Don't fret, because it IS possible. In this article we will discuss ways to eat healthier foods as well as save money on groceries.

What Should Be On Your Grocery List

A basic healthy diet includes vegetables, fruits, legumes (beans or lentils), whole grains, nuts, seeds, lean proteins, and low-fat dairy products. An easy way to make sure you include all of these things in your diet is to buy two of each. For example, when you are making your weekly grocery list, include two fruits and two vegetables, such as carrots, apples, strawberries and broccoli. Next, choose two lean protein options, such as chicken, fish or plant-based products. For a cheaper option, you can find these proteins in cans or the frozen aisle. Lastly, be sure to include plant proteins like nuts or beans, whole grains such as whole grain bread or pasta, and dairy or nondairy items. Making a simple list can greatly contribute to saving you money.

Tips For Saving Money On Fresh, Healthy Food

It may seem too good to be true, but there are multiple ways you can avoid a huge grocery bill, saving you time and money. Here are just a few tips to help you on your next grocery trip.

- **Stick to your list!**- By planning ahead, you can save yourself time and money if you stick to your shopping list and avoid browsing.
- **Eat BEFORE you go to the store**- It is never a good idea to go food shopping when you are hungry. You run the risk of buying more than you intended because something "sounds good".
- **Look for the sales**- A lot of grocery stores have apps where you can find sale items and save coupons. Some even have a feature for making a virtual grocery list. By pre-planning and finding sales on the items you need, you can save a significant amount on your groceries.
- **Consider buying frozen or canned**- another easy way to save is to choose canned or frozen foods over fresh options. You can often get the same nutritional value for cheaper.

Meal Prepping

Meal prepping has taken the internet by storm, and it can be a great way to eat healthier and save time. By prepping your meals each week, you can control your portions and make sure you include all of the nutrients you need. When shopping, consider buying larger portions that you can divide to have throughout the week. For example, you could chop some chicken breast, cut up cubes of cheese, or cook and divide some healthy veggies. Dividing your food into multiple portions will save you time, and help you avoid the urge to eat out during the week.

Choosing foods that will benefit your overall health is important, and by following the tips above you can be cost-conscious while still enjoying delicious meals.