

## National "Off the Pound" Nutrition Health

 Academy of Nutrition and Dietetics

### Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

#### Eating Right on a Budget

Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

##### Plan what you're going to eat

Before you head for the grocery store, plan your meals and snacks for the week. Review recipes for what ingredients are needed. Check to see what foods you already have and make a list of what you need to buy. When you shop with a list, you will be less likely to buy extra items that are not on it.

##### Decide how much to make

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or freeze leftovers in individual containers for future use. Plus, foods purchased in bulk are almost always cheaper.

##### Determine where to shop

Check the local newspaper, online and at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

##### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be a lot less expensive. Your local farmer's market is also a great source of seasonal produce. Just remember that some fresh fruits and vegetables don't last long. Buy small amounts at a time to avoid having to throw away spoiled produce.



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#### Smart Snacking for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugar.

Snacks for people who are less active should be 200 calories or less. To fuel more active teens and adults, snacks can contain 200 to 300 calories per serving.

Make snacking a smart habit by:

- **Snacking only when you're hungry.** Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.** Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.** Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by substituting different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned (in 100% juice), or dried varieties are all good options.



Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

### The 2018 State Indicator Report on Fruits and Vegetables shows:

- ❖ Only 12.2% of adults meet the daily fruit intake recommendation.
- ❖ Only 9.3% of adults meet daily vegetable intake recommendation.

For more information visit the Academy of Nutrition and Dietetics for handouts and tipsheets on nutrition.



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Sources:

<https://www.cdc.gov/nutrition/downloads/fruits-vegetables/2018/2018-fruit-vegetable-report-508.pdf>  
<https://www.eatright.org/food/resources/national-nutrition-month/nnm-handouts-and-tipsheets-for-families-and-communities>