

Be Well UC

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HEALTHY EATING ON A BUDGET

Eat Well (and Save Well)



Eat Well

Questions?

Please contact wellness@uc.edu

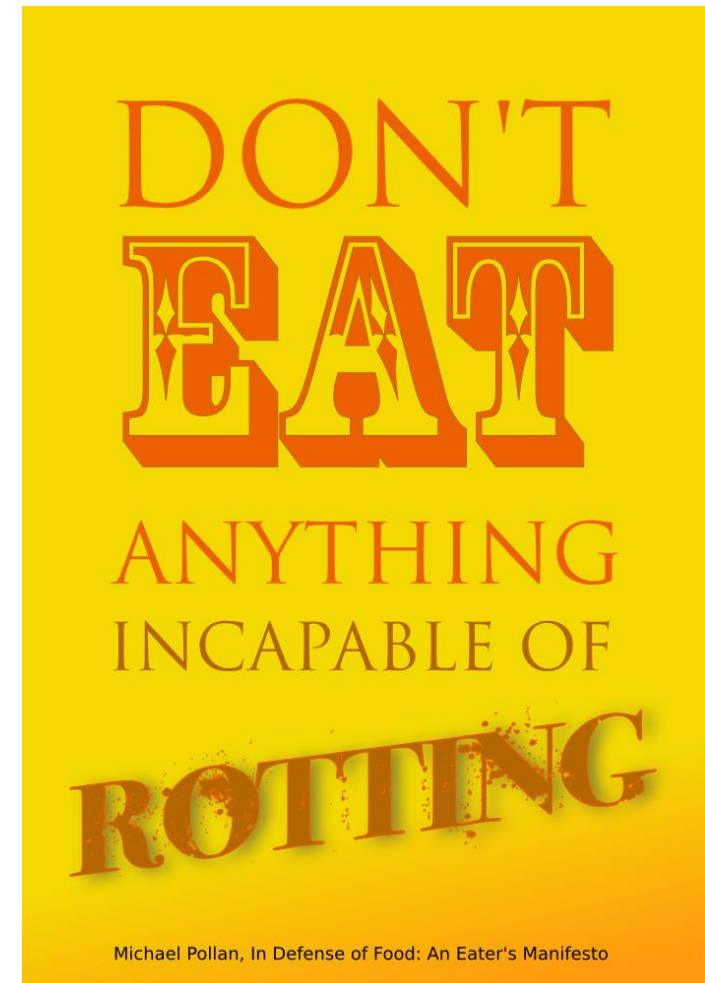
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First of all....

What is healthy eating?

“A healthy eating plan gives your body the nutrients it needs every day while staying within your daily calorie goal for weight loss. A healthy eating plan also will lower your risk for heart disease and other health conditions.”

https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm



“A healthy eating plan:

- Emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products
- Includes lean meats, poultry, fish, beans, eggs, and nuts
- Limits saturated and *trans* fats, sodium, and added sugars
- Controls portion sizes”

https://www.nhlbi.nih.gov/health/educational/lose_wt/eat/calories.htm



Planning

- Plan out your meals at least once per week
- Start by checking your pantry, fridge, and freezer to see what ingredients you already have and need to use up
- Find recipes using these ingredients
- Look at sale fliers and online for weekly deals at the grocery store, you can plan recipes using these items also
- Having a plan keeps you from wandering the store and picking up unhealthy/ unnecessary products



Pork medallions
Ground turkey
Mixed berries
Apples
Bananas
Lettuce
Tomatoes
Cabbage
Onion
Cottage cheese
Mixed nuts
Salad dressing

Ingredients

- Keep in mind your ratio of expensive to inexpensive ingredients
- Use expensive ingredients sparingly- these items (specialty cheese, walnuts, pesto) typically go a long way in terms of flavor so you don't need to use as much of them
- Plan more of your meals around the cheaper items (rice, oats, beans, pasta)

Ingredients

- Utilize less expensive cuts of meat (chicken thighs instead of chicken breasts) in burritos, soups, & casseroles or use a slow cooker to make these cuts more tender and juicy
- Try vegetarian sources of protein, such as beans, eggs, nuts and seeds → typically cheaper and healthier
- Choosing nutrient-dense foods over refined, processed junk foods will keep your blood sugar stable and you feeling full longer → leading to less food consumption

2 examples where eating healthy can actually be cheaper

- **1 serving Quaker Quick Oats**

- 150 calories
- 0 mg sodium
- 5 grams dietary fiber
- 1 gram of sugar

\$0.80/serving

- **1 serving Raisin Bran cereal**

- 190 calories
- 210 mg sodium
- 7 grams dietary fiber
- 18 grams sugar

\$1.00/serving

- **Roasted skinless chicken thigh, fresh green beans, baked potato wedges, and a biscuit**

- 575 calories
- 26 grams fat
- 958 mg sodium

\$3.63/serving

- **KFC fried chicken thigh, side green beans, side potato wedges, and a biscuit**

- 745 calories
- 41 grams fat
- 2,270 mg sodium

\$5.50/serving

Shop Smart

- Visit a farmer's market for inexpensive and locally grown produce
 - Stop by at the end of the day for better deals
- Try ethnic grocers for unique and cheap ingredients
 - Ex. rice noodles at an Asian market are much cheaper than at a supermarket
- Make a mental note of the cost of items you purchase regularly so you can spot inflated prices
- Buy whole foods- they are cheaper in less-processed form

Shop Smart

- Many processed “health foods” are not actually healthy just because they are marketed as *organic* or *all-natural* or use natural-looking colors (green, yellow, brown)
- Stick to the outer perimeter of the store to avoid expensive, overly-processed items
- Purchase generic or store brands- most generic brands are the same quality as name brands



Leftovers

- Make large batches of recipes with the intention to repurpose the leftovers later
 - For example, use leftover rotisserie chicken for soups, salads, pot pie, sandwiches, or even chicken fried rice later on in the week
- Although leftovers may take on some textural changes, some ingredients actually taste better after being in the fridge a few days → allows the flavors to marinate
- Food is actually safe in the fridge for several days and in the freezer for months
- Visit <https://www.foodsafety.gov/> for tips on keeping leftovers safe

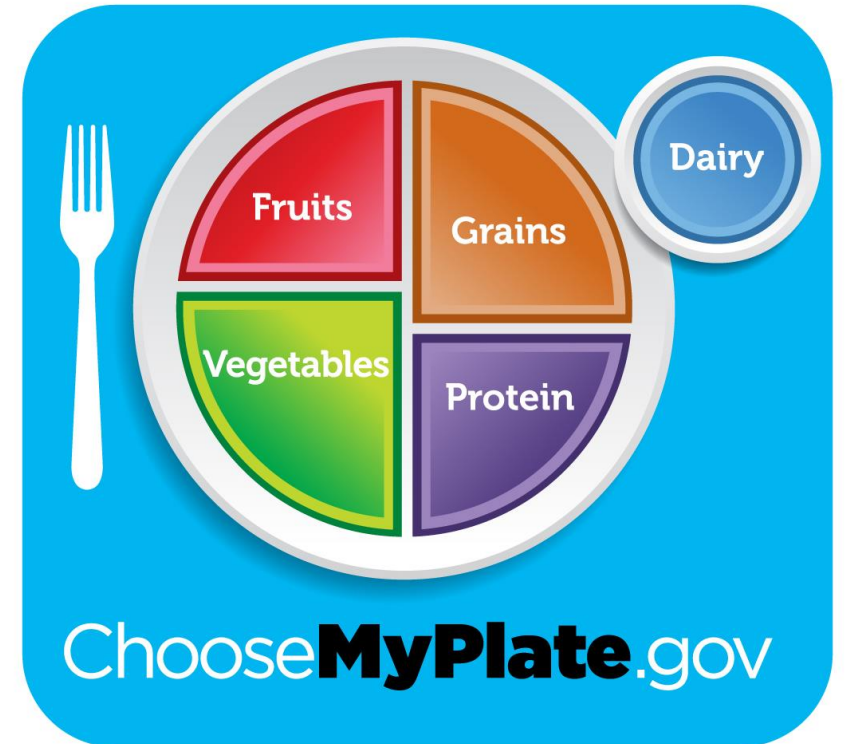
Utilizing Your Freezer

- Buy bulk meat on sale and store in your freezer for several months
- Portioning out meat and veggies before freezing helps decrease thawing time
- The largest bags of frozen vegetables offer the best value for your money
 - Plus, they don't spoil like fresh veggies do if not eaten in time
- Bread about to get stale? you can freeze bread up to three months
- Use frozen fruit for smoothies to help eliminate food waste



Portion Control

- Be aware of the portions you are consuming- (spending money you don't need to)
- Try plating yourself less than you normally do then see how you feel
- Save money and control your weight!
- Portion out leftovers right after cooking so you don't scoop out more than you need when you are hungry later on



Drinking away your calories...and money

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Stop spending money on unnecessary soda and put it towards nutrient-dense options like unsweetened tea or low-fat milk.

20 oz. of lemon-infused water

- 4 calories
- 0 grams sugar
- \$0.20

→ 20 oz. lemon water every day for 1 year = **\$73.00**

20 oz. bottle of Dr. Pepper

- 150 calories
- 40 grams sugar
- \$1.69

→ 1 Bottle Dr. Pepper every day for 1 year = **\$616.85**

→ 14,600 grams of sugar AND 58,400 empty calories

Summary

1. Plan Ahead
2. Shop Smart
3. Ingredients are Important
4. Plan for Leftovers
5. Utilize Your Freezer
6. Portion Control

Questions?

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uc.edu/hr/bewelluc

Healthy Eating on a Budget Challenge

Earn up to 40 points and a chance to win additional prizes!

Consider working on your physical health AND financial health this month by participating in this fun challenge. Practice meal planning while learning ways to buy wholesome, minimally-processed foods without breaking the bank. You will create three weeks of meals for one person for no more than \$40 per week. Check out our tips below and our example week to help you get started! Visit www.uc.edu/hr/bewelluc/challenges to learn more!



Helpful Tips and Hints

- Cook large portions and use your leftovers for lunches, stews, salads, or freeze for a later time.
- Buy whole foods- they are cheaper in less-processed form.
- Skip the soda and juice and just drink water- it's free and you'll save on extra calories and added sugars!
- Stock up on sales and utilize coupons. Download the Kroger app for weekly deals.
- You can save money by buying cheaper cuts of meat and fish for casseroles, soups, and burritos.
- Try vegetarian protein sources, such as legumes, eggs and seeds, a couple days per week. They are cheap, healthy, and usually keep for a while.
- Choose produce that is in season. Check out <https://snaped.fns.usda.gov/seasonal-produce-guide> for a full list.

With a little
planning, eating
healthy can be
easy!



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Healthy Eating on a Budget Challenge

Name _____ Email _____ M# _____

Track your healthy meals here: Each day is worth 2 points!

Instructions: Create a week's worth of nutritious meals for 1 person for \$40 or less. Detailed explanation below.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Total: \$	\$	\$	\$	\$	\$
Week 2					
Total: \$	\$	\$	\$	\$	\$
Week 3					
Total: \$	\$	\$	\$	\$	\$
Week 4					
Total: \$	\$	\$	\$	\$	\$

Once a month is complete, please submit your form via email to wellness@uc.edu or mail to Ashley Varol/ML0039. Points will be added to Asset Health portal within 1 month of receiving forms.



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