

Nutrition on a Budget



Importance Of A Healthy Diet

- Overall health and longevity
- Heart function
- Mental health
- Brain function
- Strong muscles, bones & teeth
- Prevents chronic disease
 - ↓ Cholesterol
 - ↓ Blood pressure
- Decreases risks of some cancers
(Bowel Cancer, Stomach Cancer, Pancreatic Cancer)



Healthy Fruits For Lowest Cost

- **Apricot**
- **Avocado**
- **Banana**
- **Cantaloupe**
- **Grapefruit**
- **Honey Dew**
- **Kiwi**
- **Papaya**
- **Pear**
- **Tangerine**
- **Watermelon**
- **Nectarines**
- **Grapes**
- **Apples**



Great Sources of protein

Seafood

- Cod
- Salmon
- Tuna
- Perch
- Whiting

Meats

- Chicken
- Turkey
- Lean beef



Breakfast Cereals

- **Oatmeal**
- **Puffed Corn**
- **Shredded Wheat**
- **Whole grain cereal**



Beans, Seeds and Legumes

- **Black beans**
- **Black eyed Peas**
- **Lentils**
- **Eggs**
- **Nuts**
 - **almonds**
 - **pecans**
 - **Walnuts**
 - **Peanuts**
- **Lima Beans**
- **Pinto Beans**
- **Red Beans**



Cooking Oils

- **Canola Oil**
- **Olive Oil**
- **Corn Oil**
- **Sunflower Oil**
- **Safflower Oil**

****Avoid GMO's if Possible****



Superfood and Its Importance

Superfoods are dense in:

- Vitamins
- Protein
- Fiber

Superfood's to include in your diet:

- Walnuts – rich in Omega-3's, walnuts are great for brain function and are great in salad, yogurt or just as a plain snack
- Kale – full of iron and good for blood health, kale is a great addition to a salad or perfect in a healthy green smoothie
- Berries – well known for their antioxidant properties, berries are nature's candy and rich in vitamins and fiber; berries are perfect as a snack or added to salads, oatmeal or yogurt



Healthy Snacking Options

- Almonds
- Breaded oven baked zucchinis
- Multi-grain waffle with fruits
- Dried fruit and cheese
- Mixed cereal
- Endive leaves
- Tomato soup
- Sliced cucumber and chips

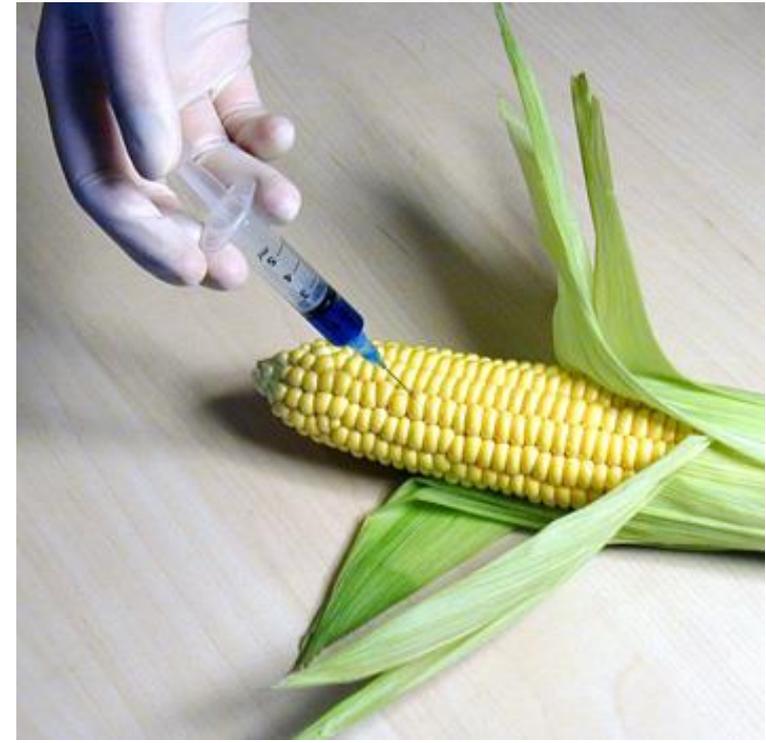


What Are GMO's

Genetically modified organisms(GMO's) are plants developed through a process in which a copy of a desired gene or section of genetic material from one plant or organism is placed into another plant to achieve a desired trait

Which Foods Are GMO's?

Top Ten Foods That are GMO's: corn, soybeans, cotton, canola, alfalfa, sugar beets, papaya, potatoes, apples and squash – are available from GM seeds for commercial use in the U.S.



High Glycemic Index Foods

- Bagels
- Corn chips
- Mashed potatoes
- Cheerios
- Doughnuts
- French fries
- Vanilla wafers
- White bread
- Jelly beans
- Pretzels
- Cornflakes
- Baked potatoes
- Rice
- French bread



Low Glycemic Index Foods

- Peanuts
- Non starchy vegetables
- Low fat yogurt
- Tomatoes
- Cherries
- Peas
- Plum
- Grapefruit
- Spaghetti
- Chickpeas
- Custard
- Canned baked beans
- Long grain rice
- Banana bread
- Grapes
- Oranges
- Fat free milk



Healthy Snacking Options for Children

- Yogurt
- Carrot bars, Zucchini bread
- Whole grain waffles
- Peanut butter and apples
- Sweet potato chips
- Trail mix
- Hummus
- Quesadillas
- Fresh fruits



Healthy Nutrition

Cooking at home offers more nutrition than eating out

You control the ingredients

- You know exactly what's going into your food

It's healthier to make your own food

- Anything you make at home – even if it's fried – is going to be better for you

It's less expensive to cook at home

- cheaper than paying for your meals at a restaurant and even many fast-food places

You get to call the shots

- In your own kitchen, you can add your favorite seasonings, cook it exactly to your liking and top it with your preferred condiments

It's fun and it's satisfying

- It feels good to make your own food, to serve yourself something from your kitchen and to feed the ones you love

How to Eat Healthy

- **Prioritize Organics**

Stick to the “Dirty Dozen” list for the top foods that should ideally be purchased organic

- **Befriend Beans**

Beans, lentils, legumes, pulses – whatever you may call them, all are fantastic ways to bulk up any meal

- **Bulk**

Buy in bulk as often as possible

- **Shop Smart**

Frequent wholesale stores and your local farmer's markets or get involved in CSAs, a community garden, or pick up gardening yourself

- **Garden**

If you can't buy it, try to grow it!

- **Seasonal**

Remember the season! Some are less expensive when they are in season-Strawberries

- **Frozen**

Don't neglect the frozen isle of your grocery stores.

How to Eat Healthy



- **Nut and Seed Love**

Start cooking with nuts and seeds. Not only are they calorically dense, but they're also nutrient dense for a very small amount

- **Homemade**

Whenever possible, make your own version of the store bought

- **Make Your Own Frozen Meals**

Cooking large batches of beans and lentils then freezing them in mason jars is a great way to save yourself time and cook on a budget

- **Meal Plan**

Preparing meal ideas for the week ahead not only saves you time, but can help save you money by purchasing only the necessary ingredients you need

- **Make A List**

Prioritize the foods and items you need by making a list before you leave the house

- **Be Smart About Storage**

Storing your bulk items in airtight containers is a great way to keep your grains, nuts, seeds, and beans optimally fresh

The Health Issues of Canned Foods

Bisphenol or BPA

- plastic-hardening chemical used in canned food linings and in other consumer products
- BPA can have negative effects on the brain, behavior, and prostate glands and has been linked to increased risk of diabetes and cardiovascular disease
- Xenoestrogen
- Mimics effects of estrogen
- Banned in Europe and Canada in baby bottles

Preservatives of Concern

- High fructose corn syrup, monosodium glutamate(MSG), butylated hydroxyanisole (BHA), Sodium nitrate

Frozen Fruits & Vegetables VS Fresh Fruits & Vegetables

- Fresh when you can
- Frozen better than Canned



Grow a Garden

- Community Garden
- A Sunny Window
- A Few Pots
- Great Tomatoes
- Wonderful Herbs
- Fresh food for you and your family
- Work bonding and togetherness



Community Gardens

