

## Healthy eating on a budget

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It's not impossible to have a healthy diet when your budget is tight, it just means that you need to think carefully, plan what you eat, where you buy and avoid impulse buying. Here are a few tips and hints:

### Healthy eating



Aim for a balanced diet:

- ✓ Plenty of fresh fruit and vegetables (five portions a day)
- ✓ Starchy food for energy
- ✓ Enough protein for growth
- ✓ Calcium for bones and teeth
- ✗ Not too many saturated fats
- ✗ Not too much sugar and salt.

Look for

- ✓ Bread – eat fresh each day, then toasted. Bread freezes well, and then thaw out what you need. Brown or granary is better than white.

- ✓ Potatoes can be baked, and eaten with cheese, beans etc

- ✓ Cheap cuts of meat for stews, soups etc

- ✓ Fish, especially oily fish like mackerel

- ✓ Vegetables – raw in salads, or boiled or roasted with a main course

- ✓ Breakfast cereal – try raisins instead of sugar – it's an extra portion of fruit and will give you more energy

- ✓ Milk, cheese and eggs

- ✓ Fruit juice, but avoid fizzy carbonated drinks

- ✓ Pasta is cheap and filling

- ✓ Dried fruit keeps well and is better for snacks than sweets.

There is other information in the Connexions centre like CLIPs leaflets:

4.01 Keeping Healthy  
4.02 Healthy Eating

## Shopping on a budget



✓ Plan your spending, work out what you need, and keep to your shopping list

✗ Don't spend money on things you don't need

✗ Never go shopping when you're hungry, you'll end up buying sugary snacks and junk food you don't need

✓ Club together with friends and buy in bulk for things like potatoes, rice, pasta, tinned beans, tea, coffee etc

✓ Use your local market stall for fresh fruit and vegetables, and get what's in season

✗ Avoid ready meals and takeaways, as well as being expensive they are often highly processed and unhealthy

✓ Learn to cook a few simple dishes like soups, pasta, stews, or baked potatoes

✓ If you normally buy your lunch try making your own

sandwiches (though avoid white sliced bread)

✓ Buy 'own label'/economy ranges from the supermarket, the only difference you'll notice is at the check-out

✓ Check the expiry date on fresh dairy foods; most supermarkets reduce the price for food which will be out of date today. Use it immediately, or if you can freeze it when you get home

✓ Look for 'buy one get one free' and if it's on your list. If you can't eat it now then freeze or share with a friend. The favour will be returned at a later date

✓ Most bargains are found on the top and bottom shelves. Most expensive brands are at eye level (to get your attention). Avoid items at the checkout too

✓ Meat is a good source of protein, but it can be expensive. Cheese, poultry, eggs, peanut butter, dried peas, beans, lentils, and some fish are less expensive and excellent sources of protein

✗ Avoid trips to the 'corner shop'. It may be convenient, but it may be dearer too.

There is other information in the Connexions centre like CLIPs leaflets:  
7.01 You and your money