



Eating Healthy on a Budget

Losing weight or eating healthy can be expensive, especially if you are buying specially-labeled products that promise weight loss if you use them! Some foods may seem more expensive and can be, but if eaten in the right amounts, a healthy way of eating will fit right into your food budget, and taste good too!

Be careful not to be tricked into buying food that is bad for you just because it is on sale the day you shop. Sweet foods are near the check out lanes to tempt you into buying one last item before leaving the store. Often unhealthy products are on special to further entice you to buy.

Healthy eating does not need to be expensive. It just means making better choices at the grocery store—choices that will fill your kitchen shelves with food that will satisfy you and also be good for you!

It is possible to go to the grocery and choose healthy foods that will help weight loss and not blow your budget. Making the following choices for healthy eating:

- Whole grains vs. enriched wheat products
- Liquid oils vs. lard or shortening
- Tub, reduced fat margarines vs. stick margarine and butter
- Diet drinks vs. regular soda, sport drinks, Kool-Aid and punch
- Baked goods vs. fried goods
- Low fat deli meats vs. regular fat deli selections
- Beans vs. salami, bologna, spam
- Moderate nut intake vs. pastries, cheese, crackers
- Fruits and vegetables vs. macaroni and cheese, creamy casseroles, fruit cobblers, pies, cakes and cookies
- Baked, broiled, grilled lean meat and fish vs. fried chicken, BBQ ribs, hot dogs and sausages

MY GOALS:

TIPS TO CONTROL COSTS

- Remember to watch portion sizes. Eating the right portion of healthier foods is a way to make healthy eating more affordable.
- Buy frozen fish vs. fresh
- Buy canned and frozen fruits and vegetables vs. fresh
- Buy in bulk when possible
- Use canola vs. olive oil in cooking
- Watch and buy what is on special
- Buy produce in season, i.e. fresh peaches in early summer
- Buy regular rice and oats vs. instant
- Buy larger bags of frozen vegetables and re-seal them after using
- Buy head of greens vs. bagged salads
To keep greens longer, wash as soon as possible, put in a cotton cloth bag, then a plastic bag. The greens will stay crisp several days!
- More is not always better, especially when it comes to buying a large amount of food because it is on sale, yet filled with unhealthy fats and sugars.

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SAMPLE MENU

HEALTHY

**Breakfast—
Total: \$1.07**

- Shredded wheat cereal,
1-¼ cups—\$0.21
- Peach—\$0.50
- Coffee, 2 cups with 2
Tbsp skim milk—\$0.11

- Skim milk , 1 cup—\$0.25

Lunch—Total: \$1.73

- Sandwich with 10 slices of
deli ham and 2 slices of
fat-free cheese on whole
wheat bread—\$0.98
- Carrot—\$0.10
- Dill pickles, 2—\$0.30
- Lettuce and tomato—
\$0.15
- Iced tea—\$0.10
- Fresh orange—\$0.10

Dinner—Total: \$3.30

- Low-fat hamburger steak,
½ lb. uncooked—\$1.45
- Baked sweet potato—
\$0.47
- Green beans, 1 cup—
\$0.25
- Cantaloupe, ¼ melon—
\$0.63
- Diet drink, 12 oz.—\$0.50

Total for day: \$6.10

REGULAR

**Breakfast—
Total: \$2.25**

- Coffee cake, 4-in slice—
\$1.10
- Bacon, 4 slices—\$0.65
- Coffee, 2 cups with 2
Tbsp flavored creamer—
\$0.25

- Orange juice, 1cup—\$0.25

Lunch—Total: \$2.82

- Sandwich with 2 slices
bologna and 2 slices of
cheese on white bread—
\$0.55
- Potato chips, 1 oz.—\$0.79
- Sweet pickles, 2—\$0.33
- Lettuce and tomato—
\$0.15
- Regular coke—\$0.50
- Candy bar—\$0.50

Dinner—Total: \$3.53

- Pork chops , ½ lb.
uncooked—\$1.45
- Mashed potatoes and
gravy, 1cup—\$0.50
- Green beans, 1 cup—
\$0.25
- Cherry pie, ½ pie—\$0.63
- Soft drink, 12 oz.—\$0.50

Total for day: \$8.60

HEALTHY VS. REGULAR FOOD CHOICES

The following healthy choices are less expensive than regular choices:

Healthy	Regular
Potato	Potato chips
Large orange	Orange soda
Chocolate milk	Soda
Regular oats	Fruity Pebbles® cereal

The following choices can often be found for close to the same price:

Whole grain bread	White bread
Canola oil	Lard
Tub margarine	Stick margarine
Frozen raw fish	Frozen breaded fish
Fresh chicken	Deli fried chicken
Macaroni noodles	Macaroni and cheese
Low fat cheese	Regular cheese
Low fat cottage cheese	Regular cottage cheese
Low fat/sugar ice cream	Regular ice cream
Low fat/sugar yogurt	Regular yogurt
Diet soft drinks	Regular soft drinks
Baked potato chips	Regular potato chips