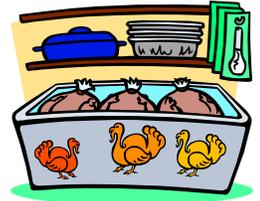


Healthy Eating on a Budget

Tips for Healthy Eating on a Budget:

- People with diabetes need to eat foods from all 4 food groups
- When filling your cupboards with foods keep in mind you can stock up over time
- It is important to store foods properly to stop them from spoiling and to keep bugs out
- Try making a list of foods you keep on hand so you can plan meals
- When you use the food, put the item on your grocery list to be replaced



Foods to keep stocked in your house:

1. Grains and Starches:

- Hot cereals (oatmeal, cream of wheat, etc.)
- Cold cereals (try to choose cereals with more than 4 grams of fibre)
- Flour (whole wheat and white flour)
- White or brown rice (limit instant rice)
- Pasta (try to pick whole wheat most often)
- Bread, buns and bannock (can be frozen to last longer)



2. Fruits and Vegetables:

- Canned fruit packed in water or fruit juice
- Canned vegetables (rinse the salt off)
- Fresh and frozen vegetables and fruit
- Dried soup mixes and boxes of soup (try to pick low salt)



3. Meat & Alternatives:

- Canned fish or poultry (packed in water) - limit high fat/salt canned meats
- Canned beans (brown beans, kidney beans or white beans, etc.)
- Peanut butter
- Wild meat, fish, birds, hamburger and pork (can be frozen to last longer)
- Eggs



4. Milk and Alternatives:

- Skim milk powder
- Canned milk (skim, 1 or 2%)
- Carton milk (skim, 1 or 2%)



5. Fats:

- Oil (canola or olive)

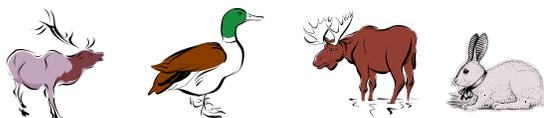


Healthy Eating on a Budget



Tips to save money:

- Make a menu plan for the week. Make a list of foods you will need and stick to the list. Check the flyers to see if there are any deals.
- Do not go grocery shopping on an empty stomach
- Choose store brands. They are as healthy as the name brand.
- Buy the food you need from grocery stores not convenience stores. Convenience stores are more expensive and usually do not have a lot of healthy foods.
- If you have adequate storage and money buying in bulk is cheaper
- Plan to buy dry items you use often when they are on sale, such as pasta, rice, cereal, flour, etc.
- Pick hot cereals you cook yourself. Instant cereals are more expensive and not as healthy.
- Buy fruits and vegetables in season. Extra fruit can be frozen to be eaten later. Pick berries and freeze them for later.
- Buy a block of cheese and grate it yourself
- Buy yogurt in a larger tub and portion it out yourself
- Cuts of meat from the shoulder and chuck are cheaper and they make great stews or roasts
- Buy a whole chicken, cut into pieces and remove the skin. Or try buying frozen non-battered chicken pieces. Hunt for your own meat and birds and freeze it for future meals.



- Try canned meats such as salmon, tuna or sardines (packed in water)
- Try eating canned beans (brown, kidney or white beans, etc.). Beans have protein and can be eaten instead of meat.
- Try to make foods from scratch rather than buying pre-made meals. Pre-made meals are more expensive and may have more fat and salt.
- If available get the good food box in your community

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