

HEALTHY EATING

June is

- Beef Steak Month
- Dairy Month
- Ice Tea Month
- Fresh Fruit & Vegetable Month
- Men's Health Month
- Turkey Lovers Month

10 Steps to Help You Eat Healthy on a Budget

Did you know the drought can indirectly affect your nutrition status? Many people may not realize the drought can affect your grocery bill. Food costs increase as a result of a drought. Increased food costs may cause a strain on your family's budget leading to unhealthier food choices. Learning to eat healthy on a budget is essential to beat rising food costs without compromising your health. It's as easy as remembering the 3 P's – plan, purchase, and prepare.

Plan

Step 1: Make a Food Budget - Before planning your meals, make a food budget by completing Family Budgets: Developing a Spending Plan that Works. After determining the amount you have to spend on food, figure out how much money you can spend for each trip to the store. If you shop weekly, take your monthly food budget and divide by four to determine how much money you can spend each week on food.

Step 2: Plan Meals - Planning meals helps you to eat healthier and spend less. The USDA tool MyPlate is a great meal planning guide that makes planning a healthy meal simple. When planning breakfast, lunch, or dinner, try to incorporate the five food groups: protein, grains, fruit, vegetables, and dairy.

Follow these steps when planning your meals:

- ✘ Explore your cupboards and refrigerator to create a list of food items already on hand and try to include them in your meals at the beginning of the week.
- ✘ Look at the weekly grocery store ads and coupons for cheaper meal ideas.
- ✘ Use a calendar or menu planning board to create weekly or monthly meal plans.
- ✘ Add stews, casseroles, or stir-fries for budget-friendly meals.
- ✘ Use beans in recipes for a few meatless meals.
- ✘ Need inspiration? Check out UNL Extension's Recipe Central.

Step 3: Make a Shopping List

- ✓ Create a shopping list after you've planned meals by writing down the foods you need and how much.
- ✓ Shop quicker by grouping items according to the store layout.
- ✓ Stick to your shopping list to help control spending and avoid impulse purchases.

Purchase

Step 4: Eat Before You Shop - If you are hungry when you shop for groceries, you are likely to buy more and not stick to your shopping list. Instead, before heading to the grocery store grab a healthy snack such as trail mix, apple slices with peanut butter, a piece of fruit, or whole-grain crackers with low-fat cheese.

Step 5: Affordable Fruits and Vegetables - Buy fresh fruits and vegetables in season because they usually cost less and taste better. Frozen and canned fruits and vegetables are great choices to eat all year round. For healthier choices, buy canned vegetables with less salt (low sodium or no salt added), canned fruit with less sugar (in water or own fruit juices), and frozen fruits and vegetables without added sauces and sugar. Use Nutrition Facts labels to make comparisons and choose healthier items.

Step 6: Buy Store Brands - Store brands and name brands are packaged differently, but have

nearly the same ingredients. Many people may not realize national brands actually produce and package a wide variety of store-brand products. Store brands are usually the better deal without sacrificing taste.

Step 7: Compare Unit Prices - Compare products for the best deal by looking at the unit prices, which show the price per pound or ounce. It is usually listed on the price tag. Larger containers usually have the best unit price, but if it spoils before you are able to eat it, then it is not the best buy.

Step 8: Limit Extras - Limit buying foods that have no nutritional value such as soda, candy, and chips. Concentrate on buying foods that contain a lot of nutrients such as fruits, vegetables, whole grains, lean meats, beans, and low-fat or non-fat dairy products.

Step 9: Buy in Bulk - Buying in bulk usually saves money as long as you have the space. Check your storage space before deciding to stock up on frozen or shelf stable foods. Purchase family packs of chicken, steak, or fish if you have enough freezer space. Buy large quantities of canned or frozen fruits and vegetables when they are on sale. For fresh foods, buy only the amounts you can use before they spoil.

Prepare

Step 10: Prepare Meals at Home - Save money by planning and preparing meals at home instead of eating out. When you have a busy week ahead, save time by preparing some meals over the weekend. Make a couple of main dishes to use early in the week or freeze for busy nights when you need a quick meal. Pre-wash and pre-cut fruits and vegetables for easy meal prep later or healthy snacks on the go. Plan to use leftovers to save money and avoid food waste.

Sumptuous Smoothies & Shakes

Strawberry Yogurt Shake

Preparation Time: 10 minutes
Number of servings: 2

- ½ cup unsweetened pineapple juice
- ¾ cup plain low fat yogurt
- 1-1/2 cups frozen, unsweetened strawberries
- 1 teaspoon granulated sugar

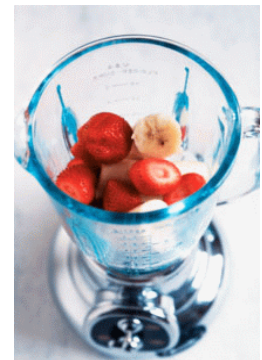
Add ingredients, in order listed, to blender container. Puree at medium speed, until thick and smooth.

Nutrition Facts for serving size of ½ of recipe: Calories, 140; Total Fat, 2 g; Cholesterol, 5 mg; Sodium, 65 mg; Total Carbohydrate, 27 g; Dietary Fiber, 2 g; Sugars, 22 g; Protein, 6 g; Vitamin A, 2% DV; Vitamin C, 90% DV; Calcium, 20% DV; Iron, 6% DV (DV = Daily Value, based on a 2,000 calorie diet)

Let's Drink a Banana Split

Preparation time: 15 minutes
Number of servings: 4

- 2 bananas, sliced
- 1 can (8 oz.) crushed pineapple, drained
- 2 cups fat free milk
- 1 cup strawberries
- 2 tablespoons honey
- 2 cups ice
- 4 maraschinos cherries for garnish



Combine all ingredients in blender and blend until smooth. Serve immediately.

Nutrition Facts: Amount per serving size of 1/4 of recipe: Calories: 190; Total Fat: 1 g; Saturated Fat: 0 g; Cholesterol: 0 mg; Sodium: 75 mg; Total Carbohydrate: 43 g; Dietary Fiber: 3 g; Sugars: 36 g; Protein: 6 g; 3Vitamin A: 6% DV; Vitamin C: 60% DV; Calcium: 15% DV; Iron: 4% DV (DV = Daily Value, based on a 2,000calorie diet)

Source: Alice Henneman, MS, RD, Extension Educator in Lancaster County - Recipes courtesy of Centers for Disease Control and Prevention "Fruits & Veggies Matter" at www.fruitsandveggiesmatter.gov