



Healthy Eating on a Budget



These tips will help you choose nutritious foods while also saving money at the grocery store.

Sign up for a Bonus or Discount Card
at the Grocery Store

Buy Generic or Grocery Store Brands

Stock Up on Basic Food Items that are On Sale

Compare Unit Prices of Similar Food Items
for the Best Value

Avoid Food Items that are Pre-Cut or Pre-Packaged
into Smaller Portions

Buy Fruits and Vegetables that are In-Season

Plan Meatless Meals during
the Week



Avoid Food Shopping at a
24-Hour Convenience Store

Get the Nutrients You Need!

Eating a balanced diet will ensure that you get the health benefits of these essential vitamins and minerals!

CALCIUM: Build strong bones and teeth; reduce the risk of osteoporosis. (*SOURCES:* Milk, Yogurt, Cheese)



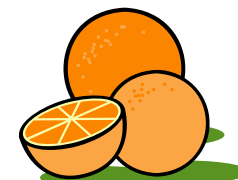
FIBER: Lower blood cholesterol levels; reduce the risk of heart disease. (*SOURCES:* Whole Grains, Dry Beans, Leafy Greens, Fruit)

POTASSIUM: Reduce the risk of high blood pressure. (*SOURCES:* Milk, Yogurt, Bananas, Potatoes, Tomatoes)



VITAMIN A: Protect against infections; keep eyes and skin healthy. (*SOURCES:* Leafy Greens, Sweet Potatoes, Carrots, and Red Peppers)

VITAMIN C: Help cuts heal; keep teeth and gums healthy. (*SOURCES:* Strawberries, Citrus Fruits, Red and Green Peppers, Tomato Juice)



VITAMIN E: Reduce the risk of heart disease and cancer. (*SOURCES:* Meat, Fish, Eggs, Nuts, and Dry Beans)