

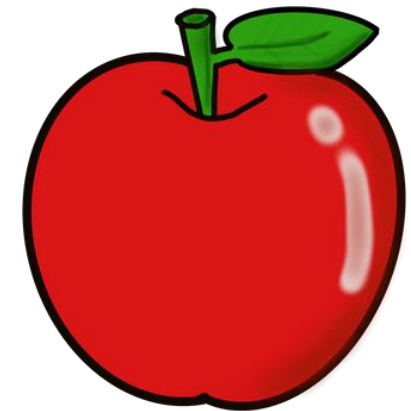
# 10 Ways to Eat Better on a Budget



- Plan ahead! Before going to the grocery store, plan your meals for the week.
- Get the best price. Check the local newspaper, online, and at the store for sales and coupons.
- Compare and contrast. Locate the "Unit Price" on the shelf directly below the product. Use it to compare different brands and sizes of the same brand to determine the best buy.
- Buy in bulk. It is almost cheaper to buy foods in bulk like low-fat yogurt and large bags of frozen vegetables.
- Buy in season. Buying fruits and vegetables in season can lower the cost and add to the freshness.

6. Convenience costs... go back to the basics. Frozen dinners and take-out meals can often cost more, take the time to prepare them on your own.
7. Easy on your wallet. There are low-cost options all year round like beans, cabbage, sweet potatoes, low-sodium canned tomatoes, apples, and bananas
8. Cook once... eat all week! Prepare a large batch of favorite recipes on your day off, freeze them in individual containers, and use them throughout the week.
9. Get creative with leftovers. Spice up your leftovers by trying them with different sides. For example, leftover chicken can be used in stir-fry, garden salad, or in chili.
10. Eating out. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for "2 for 1" deals.

## HEALTH AND NUTRITION



# 10 Ways to Include Physical Activity Into Your Day

- Take 10. Do at least 10 minutes of activity at a time to reach your weekly goal.
- Mix it up. Add different activities to your week like swimming in the morning or yoga class during lunch.
- Be ready anytime. Keep comfortable clothes and running shoes in the car or at the office.
- Find ways to move. Take a brisk walk around the parking lot, jog to the bus stop, or ride your bike to the subway.
- Work out during TV time. Watch a movie while you jog on a treadmill or download a video on your phone and watch while you ride a stationary bike.

6. Be an active parent. Instead of standing on the sidelines, walk up and down the soccer, football, or softball field while the kids play their game.

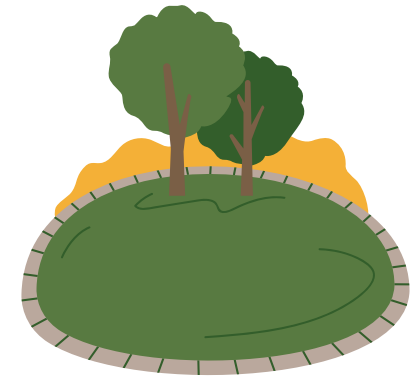
7. Find support. Join a walking group, play wheelchair sports, practice martial arts, or sign up for an exercise class in your community. Recruit family or friends for support.

8. Enjoy the great outdoors. Tumble in the leaves, build a snowman with your kids, or ski cross-country. Visit a county or national park and spend time hiking, canoeing, or boating.

9. Look for wellness at work. Find a softball, basketball, or volleyball team at your job. You can also take the lead by starting a wellness or exercise group in your office.

10. The chores count, too! Clean the house, wash the car, or mow the lawn with a push mower. Know that these activities count toward your goal of at least 150 minutes each week.

## HEALTH AND NUTRITION



# 9 Ways to Build Your Healthy Eating Style

- Find your healthy eating style. Creating a healthy style means regularly eating a variety of foods to get the nutrients and calories you need.
  - Make half your plate fruits and vegetables. Eating colorful fruits and vegetables is important because they provide vitamins and minerals and most are low in calories.
- Focus on whole fruits. Choose whole fruits – fresh, frozen, dried, or canned in 100% juice. Enjoy fruit with meals, as snacks, or as a dessert.
- Vary your veggies. Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Make half your grains whole grains. Look for whole grains listed first or second on the ingredients list – try oatmeal, popcorn, whole-grain bread, and brown rice.

6. Move to low-fat or fat-free milk or yogurt. Choose low-fat or fat-free options to cut back on saturated fat. Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.

7. Vary your protein routine. Mix up our protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

8. Drink and eat beverages and food with less sodium, saturated fat, and added sugars. Make sure to look at the nutrition facts labels and ingredient lists on products. For example, choose vegetable oils instead of butter.

9. Drink water instead of sugary drinks. Water is calorie-free. Non-diet soda, energy or sports drinks, and other sugar-sweetened drinks contain a lot of calories from added sugars and have few nutrients.

Everything you eat and drink matters. The right mix of foods can help you be healthier now and into the future!

## HEALTH AND NUTRITION

