Eating healthy on a budget

Oftentimes, it seems like eating healthy costs way too much money. But don't worry, there are things you can do to stretch the dollar and still eat healthy.

Try some of these tips:

Buy fresh, in-season vegetables and fruits.

Buy canned and frozen fruits and vegetables year round.

Buy whole grains (like brown rice or whole wheat pasta) that don't cost much more than white rice or pasta.

Buy vegetarian proteins such as eggs, beans, cheese, edamame (soy beans), and tofu.

Buy cheaper cuts of meat like flank steak, whole chicken, or pork shoulder. Use your crockpot to cook them until they are tender.

Read the grocery store ads and then plan your meals based on what's on sale.

Buy store-brand items instead of name-brand.

Use coupons for items you normally buy. Don't buy something just because you have a coupon.

Make a list before you go to the store and take it with you.

Don't shop when you're hungry.

MOLINA® HEALTHCARE

5 Reasons to eat home-cooked meals

The key to eating healthy is to eat at home. Learn about the 5 reasons you should skip fast foods and enjoy some good ole' home cooking!

1. Home-cooked meals are usually **healthier** than fast foods. Fast foods often have a lot of calories, saturated fat, sugar and salt. Before starting a new eating plan, check with your doctor!

2. Home-cooked meals are **cheaper** than fast food. This might surprise you, but take a look at the picture below.

3. Home-cooked meals **taste better** because you can choose fresh ingredients.

4. Home-cooked meals are a great way to **bond with your family**. Family meals are a time to talk to each other and see how the day is going. Remember to keep it positive and everyone will look forward to eating together!

5. Home-cooked meals often have **fewer calories**. Eating fast foods once in a while is okay, but eating too much of it can increase your chance for health problems.

FAST FOODS		HOME COOKED FOODS
 **Quarter pound cheeseburger** 520 calories 26 grams of fat	VS.	**1 home cooked 96% lean ground beef 1/4 pound cheeseburger on whole wheat bun** 320 calories 10 grams of fat 
 **Medium-sized french fries (4 oz.)** 320 calories 15 grams of fat	VS.	**4 ounces of sweet potato fries** 200 calories 6.5 grams of fat 
 **Medium-sized vanilla shake** 610 calories 16 grams of fat	VS.	**Bottle of strawberry banana smoothie** 250 calories 1/2 gram of fat 
Total for a family of four **1450 calories and 57 grams of fat** **$31.93**		**Total for a family of four** **770 calories and 17 grams of fat** **$22.35**