

AFFORDABLE NUTRITION



Are you wasting money with each grocery trip? Do your purchases contain more nutrients or preservatives? Get the most nutrition for your dollar.

Utilize resources

We often ignore the contents of our pantry and freezer when meal planning. Before heading to the store, take stock of your kitchen. Investigate your pantry; check cans, jars and boxes for duplicates and expiration dates. Visit the bottom and back of your freezer contents, easy meals can start with a few key items. Don't focus on packing your pantry. Instead, ensure you have a variety of options. Whole grains, beans & lentils, low sodium canned vegetables and broths. Nuts, seeds, and healthy oils.

Tip: Go meatless! Swap dry or canned (rinse after opening) beans, lentils, nuts & seeds for meat at least twice a week. Add frozen vegetables to a stir fry with peanuts & wild rice, omelets or with grain bowls & fajitas.

Read the Nutrition Facts Label to find the most nutrient-dense option. Choose whole grain products with >3 grams Fiber/serving. Avoid snack or breakfast bars, dry cereals and yogurt containing >5 grams of *Added* Sugars/serving. Items with Sodium >300mg/serving often indicate processed foods. Don't forget the ingredient list -the first item listed is contained in the largest amount and question whether is it naturally related to the item. If you can't identify most ingredients, put it back.

Tip: Manage portion sizes of nutrient-dense higher calorie items while enhancing meals and snacks; use 1/4 cup dried fruit on salads or a snack with 1/4 cup nuts & 2 TBSP seeds. Limit 100% fruit juice to 1 cup/day.



Store wisely

Stock up on long-lasting vegetables that taste great weeks after purchase. Store potatoes, carrots, pumpkin, and sweet potatoes in a cool dry place (add an apple to potatoes to increase longevity). Prepare leftovers. Make extra quinoa or wild rice, place additional portions suitable for future meals into freezer bags. At the next meal including grains, empty the frozen bag into a bowl, microwave 2-3min and it's ready to serve.

Tip: Use root vegetables in soups, as a baked crust, or cut in half, bake & add beans, legumes, grains, spices. Quinoa provides 8 grams of protein in a 1/2 cup serving. It's versatile for most dishes, freezes & re-heats well.

Learn more: www.FitnessAmway.com/HealthyCooking