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What are you trying to do for fitness?

## Eating Healthy Requires More \$\$\$, or Not . . .

### 4 Simple Tips to make your healthy meal money go farther

Any time the money crunch begins to take place, talk about healthy food tends to revolve around the idea that healthier foods can often cost more. In reality, they may not really be more expensive, especially when you think of the bang for the buck you get in nutritional value and the fill they provide the body. Sometimes the junk food options can be cheaper, but think about what you are putting in your body. But there are a few tips to help make healthy food cost a little less and go a little further.

#### 1. Frozen vs Fresh – vegetables and meats

Fresh vegetables, fruit and meats are often expensive and often go to waste before they are ever consumed, thus exponentially increasing the cost. An alternative would be to purchase frozen fruits, vegetables and meats which are often less expensive. Often time individuals will be reluctant to purchase frozen because fresh is viewed as healthier – This is not always true. Most frozen foods are flash frozen to retain the nutrients and may even have better nutrients because the food is picked in season and thus at its best.

#### 2. Bulk

Buying in larger quantities will often bring the prices down, but be sure it is an item you will use and will not perish before you use it. Warehouse stores along with grocery stores will often offer these special deals for quantity purchases. Many of the frozen foods listed in the first suggestion are offered in bulk at discounted rates, compared to fresh – especially in things such as chicken breast.

#### 3. Brew your own – tea, coffee, etc

If you are drinking coffee and/or tea – these are much cheaper when you brew them at home rather than purchase them ready to drink at the store. When you add in the nutrient effect of teas such as green tea – brewing it fresh is normally filled with many more benefits than the purchased products.

#### 4. Leftovers at home and restaurants

When you go out to eat at most restaurants, the portions are often large enough for two meals, so think of that \$10 meal as two smaller \$5 meals when you box it to go. In addition, when you are cooking healthy at home, make a little extra and save it for another meal. But remember safe food handling practices when dealing with leftovers – be sure to chill, use smallest possible container and fully reheat within safe time frames.

Eating healthy doesn't always require extra money, but maybe a little extra planning.