

Healthy Eating

- ◆ Think about healthy foods you'd like to eat. Make a shopping list of the ingredients you will need.
- ◆ Compare prices between stores.
- ◆ Look at grocery store flyers and newspaper ads. Clip and use coupons.
- ◆ Plan some of your meals around favourite items that are on sale or are in season (and less expensive).
- ◆ Try to fit one food from each food group into every meal. For example, you can make a healthy casserole by mixing rice, vegetables, and a small can of meat or beans. Add grated cheese and you have all food groups covered!
- ◆ Plan for leftovers. If you cook chicken for dinner one evening, leftovers can be used in soup, a casserole, or a wrap.
- ◆ Plan ahead. Buy meat such as ground beef when it's on sale. Make spaghetti sauce or chili. Freeze and use later.
- ◆ Plan healthy snacks. Instead of snacking on candy or potato chips, try carrots, hummus, popcorn, fresh fruit in season, yogurt and crackers.

Source: HealthLink Alberta

www.capitalhealth.ca/EspeciallyFor/WeightWise/Grocery_Shopping_the_Healthy_Way