

eating *balanced* on a budget

A **balanced diet** is one that includes all food groups, including snack foods & desserts, which allow an individual to fulfill all their nutritional needs.

The term "healthy food" gets thrown around often without any level of objectivity and tends to put foods in good or bad categories, which is not helpful. **No food is inherently bad.**

suggested amounts per food group



VEGETABLES 2.5 cups per day

½ cup portion of green beans is equal to ½ cup equivalent vegetables

FRUITS 2 cups per day

½ cup portion of strawberries is equal to ½ cup equivalent fruit



GRAINS 6 oz. per day

½ cup portion of cooked brown rice is equal to 1 oz. equivalent grains

DAIRY 3 cups per day

1½ oz. portion of cheddar cheese is equal to 1 cup equivalent dairy



PROTEIN 5.5 oz. per day

½ cup portion of black beans is equal to 2 oz. equivalent protein

OILS | 27g per day

lend a hand to portion sizes



palm
one serving of protein



fist
one serving of vegetables



cupped hand
one serving of carbs







thumb
one serving of vegetables

shopping tips

- ✓ Go on a typical grocery trip to see what you're currently spending (or willing to spend on future trips).
- ✓ Take inventory of what you currently have before leaving the house.
- ✓ Make a list.
- ✓ Try to buy more per trip and take less trips to avoid added impulse purchases.
- ✓ Eat before you shop.
- ✓ Buy frequently used items in bulk to save on money in the long run.

storage & preparation

- Break down your large packs of protein into smaller servings and store in the freezer. This will allow you to mix up your weekly meals more versus eating the same protein all week.
-  Frozen and canned veggies are great sources and tend to be nutritionally-equivalent to fresh. Just make sure to drain/rinse your canned vegetables to remove excess sodium.
-  Keeping your fun items out of sight will force you to be more intentional about seeking them out. Again, there is nothing wrong with desserts/chips/snacks but they tend to be more helpful in your diet when you eat them less often.
-  Frozen meals are a great option to have around because they are quick and still cheaper than going out to a restaurant.
-  Seasonings/spices can be expensive, but will save you money in the long haul due to providing more variety at home.

money matters



Have an honest conversation with yourself or your partner- are premium products or eating out something you are willing to spend money on?

You can always enjoy what you want, but you may need to compromise in other parts of your budget.

