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# Nutrition Cents: How to Eat Healthy on a Budget

# Agenda

- The Basics – What is healthy eating? What are essential nutrients?
- Prep the Pantry
- Frugal Foods
- Smart Shopping
- Resources





# Healthy Eating

# Healthy Eating Pattern

A variety of the following:

- Vegetables
- Whole Fruits
- Grains
- Fat-Free or Low Fat Dairy
- Protein
- Healthy Oils



# Healthy Eating Limits

- Saturated Fats
- Trans Fats
- Added Sugars
- Sodium



# Essential Nutrients

## Macronutrients

- Water
- Carbohydrates
- Protein
- Fat

## Micronutrients

- Vitamins
- Minerals



*All these nutrients are important for health.*

# Prep the Pantry



# Pantry Prep

## Bulk Buys

- Nuts
- Granola Bars
- Whole Grain Carbs
- Canned Meats
- Canned Produce



# Frugal Foods



# Cost Saver Quiz

## What costs the least?

- A. 1 pound 80% lean/ 20% fat ground beef
- B. 1 pound 85% lean/ 15% fat ground beef
- C. 1 pound 85% lean/ 15% fat ground turkey
- D. 1 pound 85% lean/ 15% fat ground chicken

# Cost Saver Quiz

## What costs the least?

- A. Terra Brand Exotic Potato and Veggie Chips (5.5 oz)
- B. Simple Truth Exotic Vegetable Chips (6.0 oz)
- C. Lay's Oven Baked Original Chips (6.25 oz)
- D. Kettle Brand Avocado Oil and Salt Potato Chips (6.5 oz)



# Frugal Foods

- Don't be afraid of the frozen aisle
- Shop in season
- Try farmers' markets
- Skip the name brand

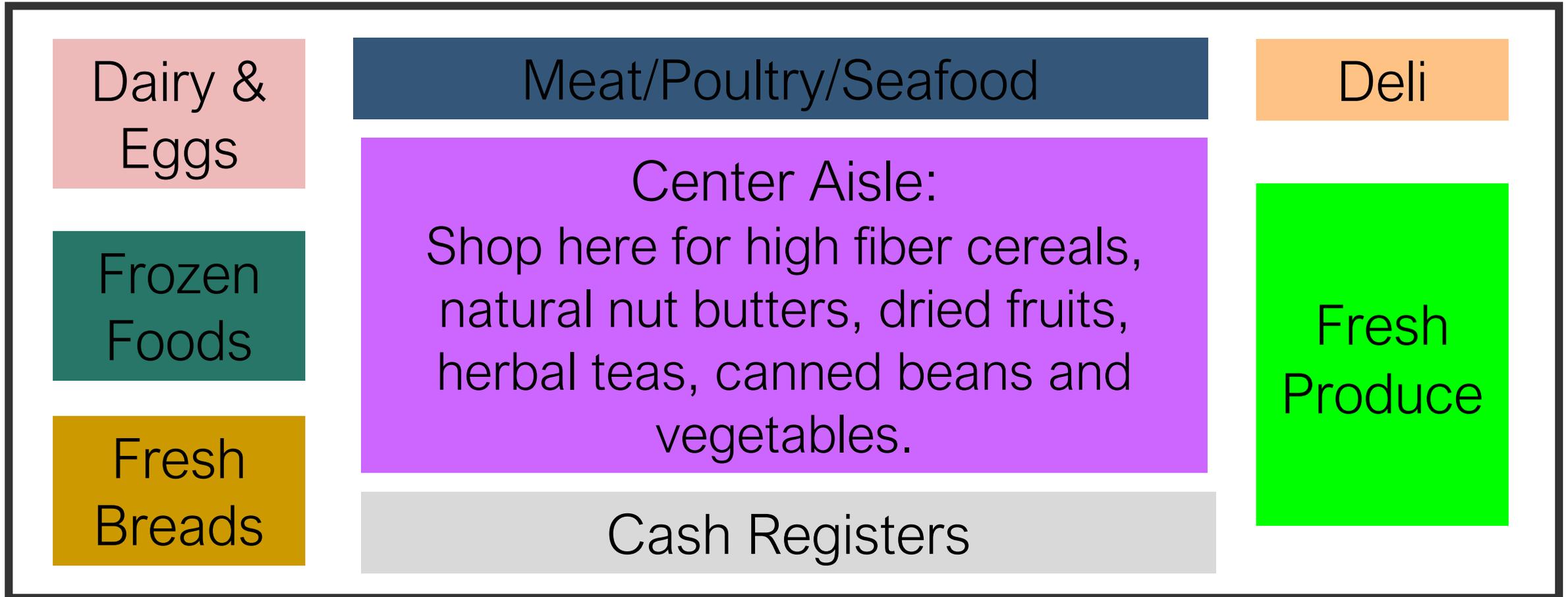
# Cost Saver Quiz

What brand costs the least for one dozen eggs?

- A. Simple Truth Organic Cage Free Large Brown Eggs
- B. Vital Farms Alfresco Pasture Raised Large Eggs
- C. Handsome Brook Farm Organic Pasture Raised Large Eggs
- D. Eggland's Best Organic Large Brown Eggs

# Smart Grocery Shopping

## Shop the Outside Aisles



# Smart Grocery Shopping

There's an app for that

- Time saver
- Cost saver
- Calorie saver



# Healthy Meal Ideas

- Shop Smartly, Read Labels
  - Veggies & Fruits
  - Lean Meat, chicken, fish
  - Prep meats for meals (trim fat)
- Weekly Dinner Menu
  - Post Menu in Kitchen
  - Themes: Taco/Tortilla Tuesday, Meatloaf or Meatless Monday, Leftovers for lunch
- Grill



# Healthy Meal Ideas

- Breakfast for dinner
- Bagged salads
- Casseroles and crockpots





# Resources

# Resources for Nutrition

Start at [ohio.gov/tclw](https://ohio.gov/tclw)

The screenshot shows the top navigation bar with links for DASHBOARD, PERSONAL GOALS, CHALLENGES, REWARDS, HEALTH RECORD, and LIBRARY. Below the navigation is a large teal banner with the text: "welcome FIND YOUR OWN PATH TO A HAPPIER, HEALTHIER LIFE. Every day you can make a positive change or discover a strength you didn't know you had. It all starts here. Choose a new goal, pick a new challenge, try a new recipe and make life better every day." Below the banner are three icons: a mountain for Personal Goals, a trophy for Group Challenges, and a fork for Library. Each icon is accompanied by a title and a short description.

**PERSONAL GOALS**  
Goals are activities you complete to help improve any of your five areas of well-being. You get to choose them.

**GROUP CHALLENGES**  
Improving your well-being is more fun when you do it with others. A touch of spirited sparring makes it even better.

**LIBRARY**  
Find great and healthy ideas for dinner tonight (and the rest of the year). You can also check out articles and videos about the topics that interest you.

## Sign into Well-Being Connect to:

- Review your biometric results ([Health Record](#))
- Find articles on stress management and heart health ([Library](#))
- Keep on track with your goals ([Personal Goals](#) and [Challenges](#))

# Health Coaching

## What is it?

- Working with a health coach provides personalized support to help set goals, lower your risks, manage your conditions, and change behaviors
- No pre-existing conditions necessary to participate for wellness coaching
- Each coaching program will be created and personalized to your unique needs and goals

**To get started, call 1-866-556-2288 and select Option 2**

# Additional Resources For You

## Academy of Nutrition and Dietetics

- <https://www.eatright.org/>

## Mayo Clinic - Healthy Eating/ Dining Out/ Lunch Recipes

- <http://www.mayoclinic.org>

## 2015-2020 Dietary Guidelines. U.S. Department of Health and Human Services and the U.S. Department of Agriculture

- <http://health.gov/dietaryguidelines/2015/guidelines/>

## Choose My Plate

- <http://www.choosemyplate.gov>



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**Thank You!**

**1-866-556-2288, [ohio.gov/tclw](https://ohio.gov/tclw)**