EATING
HEALTHY
ON ANY BUDGET

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In collaboration with:
Maria L. Boudreaux and Associates
Dieticians serving the Kansas City Area

NutraNet
Cook For Life
INTRODUCTION

Healthy eating is an important part of a healthy lifestyle. It can help you achieve or maintain a healthy weight and reduce your risk of heart disease, diabetes, and some forms of cancer. Unfortunately, many people assume that they cannot afford healthy food. This doesn’t have to be the case.

Eating Healthy on Any Budget was created to help you make smart food choices without compromising your health or emptying your wallet. In it you’ll learn how to plan and shop for a week’s worth of meals while spending only $40 for each person in your home. Here’s what you can learn:

• How to avoid mistakes that will eat away at your food budget (page 6)
• How to make sense of the dizzying array of products on the grocer’s shelves (page 8)
• How to read Nutrition Facts labels (page 10)
• How to budget according to food categories (page 12)
• How to choose the least expensive grocery store for your needs (page 16)
• How to grocery shop to accommodate your personal style (page 19).

Do you access food assistance programs? Do you feel your grocery spending is out of control? Or do you just want a challenge to be more aware of your food budget? This guide can help you save more money on food so you can spend more on other things for your family, friends, and yourself.

ACKNOWLEDGEMENTS

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From Groceries at the Store to Ideas Galore ................................................. 4
Know Your Eating Plan to Fit MyPyramid Goals
Plan a Week of Meals for Two for $80
One-Week Grocery List for Two
Make a Grocery List
Shop with a Strategy
Dinner is Served

How to Blow the Budget on Groceries ..................................................... 6
Top Ten Ways to Spend Way Too Much on Food

Grocery Shopping: Tricks for Buying Healthy Food for Less .................... 8
Be Prepared
No-name Brands, Discounts, and Coupons: Proceed with Caution
What’s in a Brand-name Anyway?
Be Picky
Be Smart

Get the Facts ............................................................................................. 10
How Can the Nutrition Facts Label Help Me?
Six Steps to Understanding a Nutrition Facts Label

How to Buy MyPyramid for $40 a Week ................................................... 12
Chart: Recommended Amounts of Food Groups
Chart: What Counts for Your Daily Intake?
Chart: Daily and Weekly MyPyramid Food Costs

Rules of Thumb .......................................................................................... 14
Chart: Rules of Thumb
Want to Spend Less Than $40 Per Week on Healthy Meals?
Let’s Practice: Which is the Better Deal for Your Health and Wealth?
Food Math™: Which is a Better Buy?

Casing the Grocery Stores ......................................................................... 16
Check the Prices
Store Glossary
How to Pick a Full-service Grocery Store

What are Your Road Blocks? ...................................................................... 18
What Kind of Shopper are You? ................................................................. 19
Recipe Box .................................................................................................. 20
Questions and Answers ............................................................................. 22
Resources and References ........................................................................ 23
Addendum .................................................................................................... 24

A downloadable version of this booklet and related online video, as well as additional resources, can be found at www.BlueKC.com under “Health and Wellness Programs” and “Health Programs” and “Hip Hop to Health.”
1 Know Your Eating Plan to Fit MyPyramid Goals

MyPyramid is a tool for helping you determine what (and how much) to eat for good health. It was created by the United States Department of Agriculture and is based on a daily intake of 2,000 calories.

It’s important to note that not everyone needs the same number of calories. Your age, weight, activity level, and whether you are male or female determines the exact number of calories you need.

For example, a 30-year-old woman who is not overweight and exercises less than 30 minutes a day needs 2,000 calories daily. If she gained weight, she would need fewer calories, and if she began exercising 60 minutes or more each day, she would need more calories. You can find out exactly how many calories you need at www.mypyramid.gov.

A day’s worth of food for the 30-year-old woman might look like this:

- **6 ounces Grains**
- **2 ½ cups Vegetables**
- **2 cups Fruit**
- **3 cups Milk**
- **5 ½ ounces Meat & Beans**
- **267 additional discretionary calories**

The recommendations in this guide – the calculations, meal plans, grocery lists and more – are for feeding two people 2,000 calories daily for one week. Would you believe it can be done for $40 per person? Here’s how:

<table>
<thead>
<tr>
<th>Break</th>
<th>Lunch</th>
<th>Dinner</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sunday</strong></td>
<td><strong>Monday</strong></td>
<td><strong>Tuesday</strong></td>
<td><strong>Wednesday</strong></td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Scrambled Eggs</td>
<td>Toast</td>
<td>Cereal Strawberries</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Thursday</strong></th>
<th><strong>Friday</strong></th>
<th><strong>Saturday</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Toast</td>
<td>Oatmeal Orange Juice</td>
<td>Veggie Omelet Melon Milk</td>
</tr>
</tbody>
</table>

Refer to “MyPyramid Food Intake Pattern Calorie Levels” in the “Addendum” section.

2 Plan a Week of Meals for Two for $80

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
<td>Snack</td>
<td>Breakfast</td>
<td>Lunch</td>
<td>Dinner</td>
</tr>
<tr>
<td>Oatmeal Orange Juice</td>
<td>Garden Salad with Nuts and Cheese Crackers</td>
<td>Chicken and Vegetable Noodle Casserole (see Recipe Box section)</td>
<td>Banana Cheese Sandwich</td>
<td>Scrambled Eggs Toast Milk</td>
<td>Deli Sandwich Carrot and Celery Sticks Raisins</td>
<td>Red Beans and Rice Tortilla Corn Salsa Milk</td>
</tr>
</tbody>
</table>
Make a Grocery List

First, consider what you already have in your refrigerator, freezer, pantry, and cupboard that you can use. Why buy an item you already have? Second, check flyers, coupons, and the Internet when making a list.

What's In Your Kitchen?

<table>
<thead>
<tr>
<th>milk</th>
<th>salad dressing</th>
</tr>
</thead>
<tbody>
<tr>
<td>yogurt</td>
<td>corn tortillas</td>
</tr>
<tr>
<td>orange juice</td>
<td>eggs</td>
</tr>
<tr>
<td>tomato</td>
<td>frozen vegetables</td>
</tr>
<tr>
<td>butter</td>
<td>rice</td>
</tr>
<tr>
<td>oil</td>
<td>cereal</td>
</tr>
<tr>
<td>mayonnaise</td>
<td>cream of chicken soup</td>
</tr>
<tr>
<td></td>
<td>cheese</td>
</tr>
</tbody>
</table>

Shop with a Strategy

Why? Grocery stores are organized in an attractive way that encourages purchases. You can save a lot of money by shopping your own way.

Here’s the step-by-step secret:
1. Shop for lower-cost grains.
2. Check the produce section before deciding whether to purchase fresh, frozen, or canned fruits and vegetables this week. Fresh and in-season produce is preferable. (See “Seasonal Fruits and Vegetables” in “Addendum” section.)
3. Head for the canned goods (fruits or vegetables), freezer section (fruits or vegetables), and refrigerated section (dairy products).
4. Estimate what you’ve spent.
5. Shop for meat last because it can eat up your food budget. If you don’t have enough money to buy meat, buy beans instead.
6. Check your cart for a variety of budget-friendly and healthy foods.

Dinner is Served

Don’t feel like having Monday night’s meal? No big deal! Try Thursday night’s dinner instead. When you plan ahead and purchase a variety of healthy foods, you can mix and match the meal ideas to suit you and your family.

TIP! Buy refrigerated items last to keep food safe from perishing and causing food-borne illness.
Top Ten Ways to Spend Way Too Much on Food

1. Shop at convenience stores
   - A convenient store sells just that – convenience.
   - If you run out of milk, you might save time by stopping at your corner convenience store, but shopping there regularly will cost more in the long run.

2. Buy convenience foods
   - Did you know that a roll of refrigerated biscuits can cost up to eight times more than a homemade batch?
   - Foods packaged in single servings can cost up to twice as much as larger sizes.
   - Even TV dinners that seem inexpensive may be too expensive for a $40 per week budget.

3. Eat too many portions
   - You will run out of food more quickly if you eat too many portions.
   - Eating within the individualized MyPyramid guidelines for each food group will save you money and prevent weight gain. (See “How to Buy MyPyramid for $40 a Week” section.)

4. Buy expensive cereals, fad foods, or highly-hyped foods
   - Some brand-name cereals, sports drinks, and even water can have high prices.
   - If you have favorite brand-name products, use coupons, find sales, or shop at discount stores to get them at a lower price.

5. Eat out often
   - We all love to eat out, but eating out only occasionally is best for your budget.
   - When you eat out, your bill includes more than food, tax, and tip. It includes the cost of the cook, the wait staff, the building, etc. Based on a $40 per week meal plan, dinner should only cost about $1.90 per person for the entire meal. That’s less than the cost of a cup of coffee at many restaurants.

A typical three ounce portion of cooked meat should look like a deck of cards. (See “How to Buy MyPyramid for $40 a Week” section.)

If You Saved $20 This Week, How Would You Spend It?

“I would put it toward the new sheets I need.”
“I would splurge and go out to eat!”
“I could use the gas money.”

“I would buy lobster, something I never get to eat.”
“I would save it!”
“I would buy some books.”
Buy fresh fruits or vegetables out of season
• Prices of fresh fruit can vary more than for any other type of food. For example, a cantaloupe can cost five times as much out of season!
• Check out your local farmers market for good buys on seasonal produce. Go early for best selection, but find reduced prices when the market is about to close.
• Some fresh fruits and vegetables are almost always in season with good prices, like bananas, apples, tomatoes, carrots, potatoes, and onions. (See “Seasonal Fruits and Vegetables” in the “Addendum” section.)

TIP! Sometimes the best place to find affordable tomatoes in the winter is at a discount store.

Buy too many expensive dairy products
• Per serving, skim milk is the least expensive high-calcium dairy product you can buy. (It’s also healthier for your arteries than whole milk or 2% milk!)
• Common, “natural” cheese (not processed) is often an inexpensive high-calcium dairy product, but be careful not to buy cheese in lots of different forms. For example, buying a block of cheese that you can either slice or shred is less expensive than buying cheese packaged as sliced or shredded. Buy cheese made with 2% milk for less fat.
• Ounce for ounce, ice cream and cottage cheese are higher in price and lower in calcium than milk, cheese, and yogurt.

Eat too much meat and not enough of everything else
• Most Americans eat far more from the Meat & Beans food group than they need, and far less of the Vegetables, Fruit, and Milk groups.
• Many foods from the Meat & Beans food group cost more than foods from other groups, so be careful with how much you eat from this food group.
• Look for low-cost meatless items within the Meat & Beans food group, like nuts, peanut butter, eggs, tofu, and beans.
• Going easy on meat doesn’t have to mean sacrificing taste! Make it go further by mixing it with rice, pasta, potatoes, and/or vegetables.
• Don’t forget that fish is in the Meat & Beans group. Many popular fresh fish choices fit within even the thriftiest budgets.

Buy lots of junk food
• If you spend too much money on junk food or foods that are not healthy for you, you may not have enough money for all the fresh and delicious foods your body needs to be its best. A 99-cent two-liter bottle of soda may look cheaper than a $2 half-gallon carton of skim milk. Compare the price and the value of your good health.

Buy prepared bakery items
• It’s okay to occasionally have a bakery treat, but did you know…
  o One doughnut may cost as much as a loaf of bread.
  o The ingredients for a dozen homemade cookies cost less than $1.
**Grocery Shopping: Tricks for Buying Healthy Food for Less**

**Be Prepared**
- Plan to shop once a week. It’s good for your schedule and your budget, and you’ll always have fresh food on hand.
- Consider your finances. Do you have just enough extra money to buy in bulk if you find good bargains or do you just have enough to make it to the end of the week? Remember, healthy food is a daily need.
- Consider your lifestyle. Are the kids eating at school or at home? Will you have guests? These factors affect how much you spend on food.
- Review grocery ads before you go to the store. If you don’t receive your store’s weekly ad in the newspaper or in your mailbox, contact your store’s manager. The circulars are typically placed in racks or on bulletin boards at the store entrance. Ask your store if they honor matching ads.
- Check your cupboards and refrigerator for items you already have.
- Plan your meals and plan to use leftovers.
- Make a list. Flag items that you want only if you have enough money left over.
- Check your list against MyPyramid (see “How to Buy MyPyramid for $40 a Week” section) and plan to buy all the food groups in the right amounts.

**No-name Brands, Discounts, and Coupons: Proceed with Caution!**
- You may be easily fooled by a no-name (store or discount brand) product that is cheaper than its brand-name counterpart. For example, a no-name vegetable oil spray had water (which evaporates during cooking) as its first ingredient, while a brand-name spray had vegetable oil as its first ingredient. In this case, the brand-name spray is a better deal (even though it costs more) because it will last longer.

**Cook Once, Eat Twice**

Turn leftovers into something special!

**Dinner Night 1 ⇒ Dinner Night 2**

Grilled Chicken ⇒ Chicken Caesar Salad
Beef Tacos ⇒ Spaghetti and Meat Sauce
Roast ⇒ Beef Stew
Beans and Rice ⇒ Bean Burritos
Steak ⇒ Beef Fajitas
Turkey ⇒ Turkey Noodle Casserole
Pork Tenderloin ⇒ Stir Fry with Vegetables and Pork
Stuffed Baked Potatoes ⇒ Hash Brown Casserole
Ham Steak ⇒ Western Omelet
Chicken and Rice ⇒ Stir-Fried Chicken, Rice, and Vegetables

**TIP!** Ingredients are listed by weight. The first ingredient listed has the most weight in the product.

- Compare no-name to brand-name items and see if there is a cost and/or nutritional difference by reading the Nutrition Facts label and ingredient list.
- Compare products using a per serving or per ounce price, and make sure serving sizes are the same. Otherwise you may be comparing apples to oranges.
- Use coupons only if they are for products you normally use. If you don’t get the newspaper, check the Internet for coupons. You can also ask your cashier if they have coupons for any of the items you are purchasing.
What’s in a Brand-name Anyway?

<table>
<thead>
<tr>
<th></th>
<th>Brand-Name</th>
<th>Private Label (House or Store Brands)</th>
<th>No-Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality</td>
<td>Top quality</td>
<td>Promoted as comparable to brand-names</td>
<td>No longer considered inferior in taste by the majority of consumers</td>
</tr>
<tr>
<td>Marketing</td>
<td>Premium packaging, research, development, and marketing</td>
<td>Formerly “generic” brands, now have increased packaging appeal and increased promotion</td>
<td>Plain packaging</td>
</tr>
<tr>
<td>What’s Different</td>
<td>Latest trends in convenience packaging, flavor, and supplements</td>
<td>Cost up to 30% less than brand-names</td>
<td>Good quality with a low price</td>
</tr>
<tr>
<td>Where to Find Them</td>
<td>All stores, even some in discount stores</td>
<td>Most stores</td>
<td>Full-service grocery stores and discount stores</td>
</tr>
</tbody>
</table>

Many private label products are produced by the same companies that produce the brand-name competitive items, but with a different label. You will often see 2-3 types of private labels in one store.

Be Picky

- Choose grocery stores that have the lowest prices on foods you buy most often.
- Consider driving time and transportation cost when choosing your shopping places.
- Buy certain foods (shredded cheese, brand-name cereals, frozen meats, convenience foods, and snack items) only when they are on sale, and stock up when you have the storage space and money.

Don’t spend all of your money stocking up on great values if it means you won’t be able to afford all the food items needed for a healthy diet.

Be Smart

- Don’t shop when you are hungry or rushed.
- Try to leave the kids with friends and family. If you can’t, try to bring another adult or older child.
- Take time to compare prices.
- Compare unit prices for the best deal. Make sure the units are the same.
- Pick the most economical package size that meets your weekly needs, fits in your storage space, and won’t go bad before you enjoy it.
- Use leftovers wisely. Take a mid-week inventory so you don’t forget things.
- Store foods properly to protect from spoiling and insects. Try new recipes or add an item to a recipe to avoid wasting food.
- Don’t get overwhelmed! Do your best to make a few small changes and you will make a big difference.
How Can the Nutrition Facts Label Help Me?

• It helps you compare servings and servings per container so you’ll know which product has the best price per serving.

• It helps you decide which products are healthier than others. You can find foods with fewer calories, less fat, cholesterol and sodium (salt) and more fiber, vitamins, and minerals.

• You can use the % Daily Value (DV) and footnote to remember how much you need, based on 2,000 calories. In this example, this food is considered low in vitamins A and C and iron because it has less than 5% Daily Value of each. It is considered high in calcium because it has 20% Daily Value.

• Don’t let the label overwhelm you, just do your best!

Know the Ingredients
Ingredients are found elsewhere on the product package, not inside the Nutrition Facts label. Read ingredients to compare products. Ingredients are listed in order of weight, so pay special attention to the first three ingredients.

Sample Label for Macaroni and Cheese

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>1 cup (228g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>2</td>
</tr>
</tbody>
</table>

Amount Per Serving

<table>
<thead>
<tr>
<th>Calories 250</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
</table>

% Daily Value*

<table>
<thead>
<tr>
<th>Total Fat 12g</th>
<th>18%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat 3g</td>
<td>15%</td>
</tr>
<tr>
<td>Trans Fat 3g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>10%</td>
</tr>
<tr>
<td>Sodium 470mg (salt)</td>
<td>20%</td>
</tr>
<tr>
<td>Total Carbohydrate 31g</td>
<td>10%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 5g</td>
<td></td>
</tr>
<tr>
<td>Protein 5g</td>
<td></td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Calories: 2,000 2,500

- Total Fat: Less than 65g 80g
- Saturated Fat: Less than 20g 25g
- Cholesterol: Less than 300mg 300mg
- Sodium: Less than 2,400mg 2,400mg
- Total Carbohydrate: 300mg 375mg
- Dietary Fiber: 25g 30g

US Dept. of Health & Human Services
Food and Drug Administration

TIP!
Research shows that people who read labels eat healthier (fewer calories, less saturated fat, cholesterol, sodium, and sugar)!
Six Steps to Understanding a Nutrition Facts Label

1. **Find Servings**
The first place to start when you look at the Nutrition Facts label is the serving size and the number of servings in the package. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, “How many servings am I consuming?” In the sample label, one serving of macaroni and cheese equals one cup. If you ate the whole package, you would eat two cups. That doubles the calories and other nutrient numbers.

2. **Check Calories**
Calories provide a measure of how much energy you get from a serving of this food. Many Americans consume more calories than they need. Eating too many calories per day is linked to overweight and obesity. The calorie section of the label can help you manage your weight (i.e., gain, lose, or maintain). The number of servings you consume determines the number of calories you actually eat (your portion amount).

3. **Limit Fat, Cholesterol, and Sodium**
The nutrients listed first are the ones Americans generally eat in adequate, or even excessive, amounts. They are identified in yellow as “Limit These Nutrients.” Eating too much fat, saturated fat, trans fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

4. **Get Enough Fiber, Vitamin A, Vitamin C, Calcium, and Iron**
Most Americans don’t get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. They are identified in blue as “Get Enough of These Nutrients.” Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

5. **Use Footnote**
Note the * used after the heading “% Daily Value” on the Nutrition Facts label. It refers to the footnote in the lower part of the nutrition label, which tells you “% DVs are based on a 2,000 calorie diet.” This statement must be on all food labels. But the remaining information in the full footnote may not be on the package if the size of the label is too small. When the full footnote does appear, it will always be the same. It doesn’t change from product to product, because it shows recommended dietary advice – it is not about a specific food product.

6. **Review % Daily Value**
The % Daily Values (% DVs) are based on the Daily Value recommendations for key nutrients for a 2,000 calorie daily diet. The % DV helps you determine if a serving of food is high or low in a nutrient.

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**TIP!** Most of the sodium we consume is in packaged foods, as a preservative and for flavor. Always check the Nutrition Facts label for sodium!

**TIP!** You can use the Nutrition Facts label not only to help limit those nutrients you want to cut back on but also to increase those nutrients you need to consume in greater amounts.
When trying to choose from the many options available at grocery stores, do you often wonder, “What’s a good price?” These step-by-step instructions can help you take the guesswork out of grocery shopping.

1. Determine how many calories you need each day. Turn to the chart titled “MyPyramid Food Intake Pattern Calorie Levels” in the “Addendum” section to find the number of calories you need according to your personal profile.

2. Identify how much of each food group you need each day by looking at the chart below.

### Daily Calorie Level

<table>
<thead>
<tr>
<th>Daily Calorie Level</th>
<th>1,600</th>
<th>1,800</th>
<th>2,000</th>
<th>2,200</th>
<th>2,400</th>
<th>2,600</th>
<th>2,800</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GRAINS</strong></td>
<td>5 ounces</td>
<td>6 ounces</td>
<td>6 ounces</td>
<td>7 ounces</td>
<td>8 ounces</td>
<td>9 ounces</td>
<td>10 ounces</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td>2 cups</td>
<td>2.5 cups</td>
<td>2.5 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3.5 cups</td>
<td>3.5 cups</td>
</tr>
<tr>
<td><strong>FRUITS</strong></td>
<td>1.5 cups</td>
<td>1.5 cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td>2 cups</td>
<td>2.5 cups</td>
</tr>
<tr>
<td><strong>MILK</strong></td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td><strong>MEAT &amp; BEANS</strong></td>
<td>5 ounces</td>
<td>5 ounces</td>
<td>5.5 ounces</td>
<td>6 ounces</td>
<td>6.5 ounces</td>
<td>6.5 ounces</td>
<td>7 ounces</td>
</tr>
<tr>
<td><strong>OILS</strong></td>
<td>5 teaspoons</td>
<td>5 teaspoons</td>
<td>6 teaspoons</td>
<td>6 teaspoons</td>
<td>7 teaspoons</td>
<td>8 teaspoons</td>
<td>8 teaspoons</td>
</tr>
<tr>
<td><strong>DISCRETIONARY CALORIES</strong></td>
<td>132</td>
<td>195</td>
<td>267</td>
<td>290</td>
<td>362</td>
<td>410</td>
<td>426</td>
</tr>
</tbody>
</table>

### Learn what counts for your daily intake. Here are some examples:

<table>
<thead>
<tr>
<th>1 OUNCE GRAIN</th>
<th>I CUP VEGETABLES</th>
<th>I CUP FRUIT</th>
<th>I CUP MILK</th>
<th>I OUNCE MEAT &amp; BEANS</th>
<th>100 DISCRETIONARY CALORIES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make half your grains whole</td>
<td>Vary your veggies</td>
<td>Focus on fruits</td>
<td>Get your calcium-rich foods</td>
<td>Go lean with protein</td>
<td>Watch these extras</td>
</tr>
<tr>
<td>1 slice bread</td>
<td>1 cup vegetables (not leafy greens)</td>
<td>1 small apple</td>
<td>1 cup milk</td>
<td>1 ounce cooked meat or fish</td>
<td>1 tablespoon oil</td>
</tr>
<tr>
<td>½ cup cooked oatmeal</td>
<td>2 cups leafy greens (spinach, lettuce, greens)</td>
<td>1 large banana</td>
<td>½ ounce natural cheese</td>
<td>1 sandwich slice deli meat</td>
<td>1 tablespoon mayonnaise</td>
</tr>
<tr>
<td>5 crackers</td>
<td>1 large ear of corn</td>
<td>32 grapes</td>
<td>½ cup shredded cheese</td>
<td>1 egg</td>
<td>1 tablespoon soft margarine</td>
</tr>
<tr>
<td>3 cups popcorn</td>
<td>1 medium potato</td>
<td>1 medium grapefruit</td>
<td>2 ounces processed cheese</td>
<td>½ ounce nuts or seeds</td>
<td></td>
</tr>
<tr>
<td>1 cup dry cereal</td>
<td>2 celery stalks</td>
<td>1 large orange</td>
<td>1 cup pudding with milk</td>
<td>¼ cup cooked beans</td>
<td></td>
</tr>
<tr>
<td>½ cup cooked rice</td>
<td>1 large pepper</td>
<td>3 medium plums</td>
<td>1 cup yogurt</td>
<td>1 ounce tofu</td>
<td></td>
</tr>
<tr>
<td>½ cup cooked pasta</td>
<td>1 large tomato</td>
<td>1 small wedge watermelon</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 small flour or corn tortilla</td>
<td>1 cup vegetable juice</td>
<td>½ cup dried fruit (raisins)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Learn more at www.mypyramid.gov
Calculate your daily and weekly food costs. The example below shows what price points you should look for when shopping for the MyPyramid food groups on $40 a week. You can use it as a guide and adjust it to meet your needs. For example, if you want to spend more on one food group, you can still stick to your budget by spending less on another food group. Similarly, if you want to spend more on a special dinner, you can stick to your budget by spending less on other meals.

As you learn what is a good price, here are some things to keep in mind:

- Discretionary calories are additional calories. They can be from any of the food groups.
- Prices are always changing! Why? Because they are affected by availability, supply and demand, weather, competition, marketing strategies and more. For this reason, compare prices on a regular basis.
- How do single serving packages and name brands fit? Smart shoppers don’t buy many single serving packages or brand-name items. It’s okay to buy expensive cereal or meat cuts occasionally, just make sure you can afford it, and choose other, less expensive items to balance the costly choice.

The recommendations in the Dietary Guidelines and in MyPyramid are for the general public over 2 years of age. MyPyramid is not a therapeutic diet for any specific health condition. Individuals with a chronic health condition should consult with a health care provider to determine what dietary pattern is appropriate for them.
It's not easy, but follow some of these tricks and you may be able to spend less than $40 a week. Keep a careful eye on your spending and make sure you are eating the right amount of foods from each food group. You can do it!

**BUDGET MAKERS:** If EVERYTHING you purchase is in this zone, you will be eating healthy for LESS than $40 per week.

**BUFFER ZONE:** You may buy some foods from the Budget Makers and Buffer Zone and average $40 per person per week. If EVERYTHING you purchase is in the Buffer Zone you will spend $40-$50 per week.

**BUDGET BUSTERS:** You can still fit a couple of small purchases from the Budget Busters zone into a $40 per week budget, but be careful. If you make a lot of Budget Busters zone purchases your groceries will be over $50 per week.

---

** Want to Spend Less Than $40 per Week on Healthy Meals?**

It's not easy, but follow some of these tricks and you may be able to spend less than $40 a week. Keep a careful eye on your spending and make sure you are eating the right amount of foods from each food group. You can do it!

- Learn Food Math™.
- Save coupons.
- Buy in bulk.
- Grow a garden.
- Check with your school cafeteria manager to find out if your kids can receive free or reduced-price meals.
- Shop at different stores for the foods they sell at the lowest price.
- Join a community supported agriculture (CSA) program or co-op.
- Visit a farmers market.
- Share rides to the grocery store.

---

### RULES OF THUMB

This chart is a simple way for you to see how different foods fit into your budget. They apply in general because with the “ever-changing food costs” described earlier, foods can quickly move from deep in the Budget Makers zone to deep into the Budget Busters zone (or the other way around).

<table>
<thead>
<tr>
<th>GRAINS</th>
<th>VEGETABLES</th>
<th>FRUITS</th>
<th>MILK</th>
<th>MEAT &amp; BEANS</th>
</tr>
</thead>
<tbody>
<tr>
<td>(15¢ or less per ounce)</td>
<td>(38¢ or less per cup)</td>
<td>(38¢ or less per cup)</td>
<td>(29¢ or less per cup)</td>
<td>(29¢ or less per ounce)</td>
</tr>
<tr>
<td>Flour</td>
<td>Canned vegetables at 75¢/can</td>
<td>No-name frozen juice concentrate</td>
<td>Skim milk</td>
<td>Dry beans</td>
</tr>
<tr>
<td>Rice</td>
<td>(15-16 oz. can)</td>
<td>No-name refrigerated orange juice</td>
<td>2% milk</td>
<td>Eggs</td>
</tr>
<tr>
<td>Tortillas</td>
<td>Frozen vegetables at $1.40/lb.</td>
<td>Bananas</td>
<td>Whole milk</td>
<td>Canned beans</td>
</tr>
<tr>
<td>Pasta</td>
<td>Fresh non-seasonal vegetables (potatoes, carrots, onions, tomatoes)</td>
<td>Most citrus in season</td>
<td>No-name evaporated milk</td>
<td>Peanut butter</td>
</tr>
<tr>
<td>Popcorn Kernels</td>
<td>Fresh leafy vegetables</td>
<td>Large box of no-name raisins</td>
<td>Powdered milk</td>
<td>Peanuts</td>
</tr>
<tr>
<td>No-name bran flakes</td>
<td></td>
<td>Most melons in season</td>
<td>Natural, hard cheese</td>
<td>Fish fillets at $4.00/lb.</td>
</tr>
<tr>
<td>No-name oatmeal</td>
<td></td>
<td>Apples at $1.20/lb.</td>
<td>at $3.00/lb.</td>
<td>Boneless poultry at $4.00/lb.</td>
</tr>
<tr>
<td>Grits</td>
<td></td>
<td></td>
<td>Processed cheese at $2.30/lb.</td>
<td>Boneless lean meats at $4.00/lb.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(16-18¢ per ounce)</th>
<th>(39-45¢ per cup)</th>
<th>(39-45¢ per cup)</th>
<th>(30-34¢ per cup)</th>
<th>(29-35¢ per ounce)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread at $2.25/loaf</td>
<td>Canned vegetables at 85¢/can</td>
<td>In-season strawberries</td>
<td>Natural cheese at $3.50/lb.</td>
<td>Fish, boneless poultry, and boneless lean meats at $4.50/lb.</td>
</tr>
<tr>
<td>No-name bran flakes</td>
<td>Frozen vegetables at $1.75/lb.</td>
<td>Most fresh juices</td>
<td>Processed cheese at $2.70/lb.</td>
<td>Tofu at $2.65/lb.</td>
</tr>
<tr>
<td>No-name rice mix packs</td>
<td>No-name oatmeal</td>
<td>Apples at $1.40/lb.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>No-name mac and cheese</td>
<td>Grits</td>
<td>Oranges at $1.55/lb.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancake and baking mixes</td>
<td></td>
<td>Canned fruit at 95¢/can (15-16 oz. can)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>(19¢ or more per ounce)</th>
<th>(46¢ or more per cup)</th>
<th>(46¢ or more per cup)</th>
<th>(34¢ or more per cup)</th>
<th>(35¢ or more per ounce)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Microwave popcorn</td>
<td>Canned vegetables at $1.00/can</td>
<td>Fresh frozen fruit</td>
<td>Natural cheese at $4.00/lb.</td>
<td>Boneless lean meats at $5.00/lb.</td>
</tr>
<tr>
<td>Bread at $3.50/loaf</td>
<td>Frozen vegetables at $2.00/lb.</td>
<td>Canned fruit at $1.00/can</td>
<td>Processed cheese at $3.50/lb.</td>
<td>Breaded fish products</td>
</tr>
<tr>
<td>Brand-name bagels</td>
<td>Salad bars</td>
<td>Fresh out-of-season fruit</td>
<td>Ice cream</td>
<td>Processed poultry products</td>
</tr>
<tr>
<td>Brand-name rice mix packs</td>
<td>Fresh out-of-season vegetables</td>
<td></td>
<td>Yogurt</td>
<td></td>
</tr>
</tbody>
</table>
Let’s Practice: Which is the Better Deal for Your Health and Wealth?

Can you find the difference between these two products?

Answer:
The difference is all in the price.
The brand-name oatmeal on the left costs $3.86 for a 42 ounce container, or 9 cents per ounce. The no-name oatmeal on the right costs $1.89 for a 42 ounce container, or 4 cents per ounce.

Food Math™: Which is a Better Buy?

Look at the comparisons below and see if you can tell which is a better deal for your health and your wealth, then check your answers.

1. A large apple for 50 cents or a large orange for 45 cents?
2. Natural Swiss cheese at $4.00 per pound or processed cheese at $3.50 per pound?
3. A twelve-ounce can of frozen 100% orange juice concentrate for $1.29 or a one-half gallon carton of 100% orange juice at $1.95?

Answers:
1. The apple is a better buy. A large apple equals about two cups while a large orange, without its thick peel, is only about one cup. Remember that you need a variety of food for a healthy diet, so price isn’t the only reason to pick one fruit over another. Produce that is fresh and visually appealing will be more enjoyable to eat.
   Apple: 50 cents ÷ 2 one-cup servings = 25¢ per one-cup serving
   Orange: 45 cents ÷ 1 one-cup serving = 45¢ per one-cup serving

2. The natural cheese is a better buy. That’s because it takes only 1.5 ounces of natural hard cheese to count as a cup of milk and it takes two ounces of processed cheese to count as a cup of milk. Natural cheese is better for your health, too, because it typically has more protein, fewer additives, and is more likely to be made with skim milk.

   For more information, turn to the chart titled “MyPyramid Milk Count Table” in the “Addendum” section.

   Natural Cheese:
   $4.00 ÷ 16 ounces in a pound = 25 cents per ounce x 1.5 ounce serving = 38¢ per serving

   Processed Cheese:
   $3.50 ÷ 16 ounces in a pound = 22 cents per ounce x 2 ounce serving = 44¢ per serving

3. The frozen concentrate is a better buy, because when you add three cans of water you then get a total of 6 cups of juice. The carton contains 8 cups (64 ounces), but because it’s ready to drink and in a resealable package, its price is higher per serving. Both are good choices for your health because they are made from 100% orange juice.

   Frozen Concentrate:
   12 ounces + 3 12-ounce cans of water = 48 ounces of juice
   48 ounces of juice ÷ 8 ounces per cup = 6 cups
   $1.29 ÷ 6 cups = 22¢ per one-cup serving

   Half-Gallon Carton:
   One-half gallon = 64 ounces of juice
   64 ounces of juice ÷ 8 ounces per cup = 8 cups
   $1.95 ÷ 8 cups = 24¢ cents per one-cup serving
Picking a grocery store is a lot like picking out your next car. With a car purchase, it is usually not the price alone you consider, but the overall value and how it serves your individual needs. The same is true with grocery shopping.

Did you know that a family of three spends over $6,000 a year on food? Consider convenience, price, location, service, and variety when you decide where to buy groceries. Be picky. Find what’s best for you. We’ve included some exercises to make the decision easier.

**Check the Prices**

Visit a full-service grocery store (or two) and compare the cost from the discount store.

**Check the Prices at a Discount Store**

- 1 gallon of milk
- 1 loaf of bread
- 1 pound bananas
- 1 pound potatoes
- 1 large can of frozen orange juice concentrate
- 1 pound of fresh frozen fish (Perch, Atlantic Cod, or Tilapia)
- 1 or 2 canned vegetables
- price per ounce of a cereal that you like (oatmeal, bran flakes)

**Check the Prices at a Full-Service Store**

- 1 gallon of milk
- 1 loaf of bread
- 1 pound bananas
- 1 pound potatoes
- 1 large can of frozen orange juice concentrate
- 1 pound of fresh frozen fish (Perch, Atlantic Cod, or Tilapia)
- 1 or 2 canned vegetables
- price per ounce of a cereal that you like (oatmeal, bran flakes)

Was the discount store much less expensive?

If yes, shop there often for those items (you can sometimes save as much as 30% on these items at most discount stores).

If no, stick with the grocery store (full-service grocery stores usually have the best variety).

Either way, you will want to choose a grocery store that fits your needs.

**Store Glossary**

- **Superstores** (bulk shopping) will have many services under one roof, like a bank, restaurants, eye doctor, hair salon. Examples include Sam’s Clubs or Costco.
  - Brand-name products
  - Private label products

- **Full-service grocery stores** are large grocery stores that stock products other than food. These stores will have a deli, produce, liquor department, their own “restaurant,” and special services for their customers like store cards, meal preparation literature, etc. Examples include Apple Mart, Hen House, Hy-Vee, Price Chopper, SunFresh, and some Target and Walmart stores.
  - Brand-name products
  - Private label products
  - No-name products

- **Discount stores** are unlike regional or neighborhood supermarkets. They offer limited product lines, inconsistent name brands, emphasis on low prices, and lack of frills. Examples include Aldi and Save-A-Lot.
  - Brand-name products (limited)
  - Private label products

- **Specialty stores** focus on a particular food type or ethnic group. They may have only two or three shelves of just Hispanic or Middle Eastern foods, but even at that will have more to offer in that area than even the superstores. Some Asian specialty markets may be very large. They usually offer greater variety and lower prices within their specialty areas. Examples include:
  - Asian specialty stores (variety of rice, low prices)
  - Middle Eastern specialty stores (variety of olives and olive oil)
  - Mexican specialty stores (variety of tortillas, low prices)
  - Health specialty stores (variety of tofu and soy items)

- **Convenience stores and gas stations** typically offer only snack foods, sandwiches, and basic grocery items like bread and milk. Examples include QuikTrip and 7-Eleven.
Check for variety, reasonable prices and cost options in all parts of the store. It's unlikely that one store will have the best prices on every item. Use these tips to find one or two stores that best meet your needs:

### Bakery
- Does the bakery have good prices? Less than $2 is a good price on fresh baked bread.
- Sometimes grocery stores offer low-priced fresh baked bread because it smells good and helps to win customers.

### Fresh Produce
- Are there many different kinds of vegetables?
- Does the produce look fresh?
- Estimate the per-cup prices for a few items. Are there choices below 35 cents per cup?
- Frozen fruit is usually much more expensive than in-season fruit, but will have lower prices in the off season.
- Smart fruit choices are usually inexpensive: in-season fresh fruit and 100% frozen juice from concentrate.
- Whole fruit is the best bet for more fiber and fewer calories. Limit 100% juice and choose whole fruits most often.
(See Seasonal Fruits and Vegetables in the “Addendum” section.)

### Canned Fruits and Vegetables
- One 15 ounce can equals about two cups. Divide the cost by two to get the cost per cup. For example, a 70 cent can of peas will cost just a little more than 35 cents per cup, so that is a good target price.
- Look for specials and sales, because some stores always have canned vegetables on sale.
- Remember that beans (pinto beans, black beans, kidney beans, etc.) are a healthy, inexpensive meat substitute.
- For lower sodium, rinse canned vegetables and beans with water.
- Occasionally, you can find applesauce, peaches, fruit cocktail, and pineapple for about 37 cents per cup, but other canned fruits can cost much more.
- Choose fruit canned in its own juice instead of heavy syrup
(See Seasonal Fruits and Vegetables in the “Addendum” section.)

### Frozen Vegetables
- Are there lots of basic fresh frozen vegetables to choose from?
- Processed frozen vegetables (like those with a cheese sauce) can be expensive and high in sodium.
- A one-pound package of frozen vegetables equals about four cups. To estimate cost per cup, divide the price by four.
  A good price is below 38 cents per cup.

### Cereals
- Look at a few no-name cereals that are low in sugar to figure the cost per ounce. For example, on the front of the box or bag it will say “Net Wt. 16 oz.” Divide the price, say $2.18, by 16 ounces = 14 cents per ounce.
- Compare this price per ounce to name brands. Bran flakes is a good cereal to compare. Are there a few cereals you like that are less than 15 cents per ounce?
- Fifteen cents an ounce is also a good price for dry cereals and other grains such as popcorn, rice, and oatmeal.

### Meat and Poultry
- Can you purchase a small amount at a low price per pound?
- Do they trim the excess fat and bone? (You pay the same per-pound cost for the parts that are thrown away.)
- Are poultry parts sold separately?
- Do they mark down or discount prices to move inventory?

### Seafood
- Does the store have fresh seafood or at least a fresh frozen seafood department?
- Frozen processed seafood products (like breaded fish sticks) are usually expensive and high in fat and sodium (salt).
  Fresh fish, on the other hand, can cost less than many meat cuts.

### Dairy
- Are there at least a few different brands to choose from?
- Are there various sizes and types of milk?
- Are skim or 1% milk choices available for less than $3.25 a gallon.
- Is there a good selection of “natural” cheeses (not processed) around $3.00 a pound? Dairy products like cheese and yogurt can cost up to 10 times more than milk. That’s because turning milk into cheese can be expensive.
What Are Your Road Blocks?

Changing habits can be difficult, but the rewards — saving money and being healthy — are well worth the effort. Here are some ways to get around obstacles you may be facing when it comes to eating healthy on any budget.

<table>
<thead>
<tr>
<th>My Road Blocks</th>
<th>Detour Route</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Transportation</strong></td>
<td><strong>City Transportation/Friend</strong></td>
</tr>
<tr>
<td>“I don’t have a car. It’s easier to go to the corner store.”</td>
<td>“I can ask a friend for a ride.”</td>
</tr>
<tr>
<td><strong>Food Likes</strong></td>
<td><strong>Compromise</strong></td>
</tr>
<tr>
<td>“I like meat, not beans and nuts.”</td>
<td>“I can buy less expensive produce and buy lean meat on sale.”</td>
</tr>
<tr>
<td><strong>Shopping</strong></td>
<td><strong>Take Turns</strong></td>
</tr>
<tr>
<td>“My mom does the shopping and we split the bill.”</td>
<td>“I can shop every other week or help make the list.”</td>
</tr>
<tr>
<td><strong>Math</strong></td>
<td><strong>Make it Easy</strong></td>
</tr>
<tr>
<td>“I’m bad at math.”</td>
<td>“I can use the sample grocery list and change it a little every week for different menus.”</td>
</tr>
<tr>
<td>(See “From Groceries at the Store to Meals Galore” section.)</td>
<td></td>
</tr>
<tr>
<td><strong>No Selection</strong></td>
<td><strong>Shop Somewhere Else</strong></td>
</tr>
<tr>
<td>“There aren’t many fresh fruits and vegetables where I shop.”</td>
<td>“I can shop at more than one store.”</td>
</tr>
<tr>
<td><strong>Cooking</strong></td>
<td><strong>Start Slow</strong></td>
</tr>
<tr>
<td>“I can’t cook.”</td>
<td>“I can start with what I know how to make and try one new easy recipe each week.”</td>
</tr>
<tr>
<td>(See “From Groceries at the Store to Meals Galore” section.)</td>
<td></td>
</tr>
<tr>
<td><strong>Money</strong></td>
<td><strong>Priceless</strong></td>
</tr>
<tr>
<td>“Junk food is cheaper.”</td>
<td>“It costs me more than $40 per week in doctor’s visits, medicine and missed work when I get sick.”</td>
</tr>
<tr>
<td><strong>Time</strong></td>
<td><strong>Planning Ahead Creates More Time</strong></td>
</tr>
<tr>
<td>“I don’t have time to shop in my busy life.”</td>
<td>“If I make a list and plan meals, I can shop only once a week and that saves me time and sanity.”</td>
</tr>
<tr>
<td><strong>Family</strong></td>
<td><strong>Meet in the Middle</strong></td>
</tr>
<tr>
<td>“They want chips and sodas.”</td>
<td>“I can buy some of their favorites, plus delicious fresh fruits and vegetables, too.”</td>
</tr>
</tbody>
</table>

All Foods Fit! Pick a Favorite and Indulge a Little

The goal of eating healthy on any budget is to eat a balanced diet without spending too much. Sometimes, it’s okay to eat your not-so-healthy favorite food or buy that expensive food item.

**Problem:** You really like one brand of crackers but they’re more expensive than no-name brands.
**Solved!** You can allow for it by spending less money somewhere else.

**Problem:** You love chips but they’re not healthy.
**Solved!** You can sometimes fit small portions into a healthy diet.
**What Kind of Shopper Are You?**

**Take the Quiz!**

Circle as many answers that apply to you:

1. **Which vegetables are you most likely to buy?**
   - A. Fresh at good prices or canned vegetables on sale
   - B. Frozen steam-in-a-bag vegetables
   - C. Fresh vegetables

2. **It is most important to you that you can buy food:**
   - A. At a good price
   - B. That is easy to prepare
   - C. That is healthy

3. **What do you like most about grocery shopping?**
   - A. Finding good deals
   - B. Getting it over with
   - C. Finding new healthy foods

4. **What do you like least about grocery shopping?**
   - A. I might be overcharged for my food
   - B. The lines are long
   - C. The produce department doesn’t look good

5. **Which product are you most likely to purchase?**
   - A. Beans
   - B. Turkey meat at the deli counter
   - C. Fresh salmon

6. **Which phrase would you be most likely to say?**
   - A. “A dollar is a dollar.”
   - B. “Time is money.”
   - C. “Your health is priceless.”

**Shopper Styles**

If you answered mostly A: Bargain Shopper
As a Bargain Shopper, you are great at saving pennies.
You like to cut coupons, compare stores, and you love a
great deal! You know what a good price is on almost any
food item.

If you answered mostly B: Convenience Shopper
You are a Convenience Shopper; all about fast and easy.
You have a lot to do and you don’t like to waste time at
the grocery store or in the kitchen. You know the tricks
to running a busy household, and making quick-fix meals
is one of them.

If you answered mostly C: Nutritious Shopper
You are proud to be a Nutritious Shopper. You believe
in buying high-quality, fresh food and in making healthy
choices. You are up on the latest nutrition news and
healthy products.

Did you have a fairly equal blend of A, B, and C answers?
Good for you! You keep several factors in mind when
grocery shopping.

**Shopper Tips**

Most people tend to be mostly one kind of a shopper:
Bargain, Convenience, or Nutritious. They are all
good shoppers. Each shopper has wonderful traits
and tricks to share. See what you can learn from each
shopper to be a smarter shopper!

Tips from a Bargain Shopper:
- Buy meats on sale and freeze them.
- Buy fresh produce at low prices in the summer and
  frozen/canned produce on sale in the winter.
- Compare the price per unit.

Tips from a Convenience Shopper:
- Buy canned beans and throw them on a salad for a
  quick dinner.
- Make a list so you only have to shop once a week.
- Shop at a store close to you.

Tips from a Nutritious Shopper:
- Compare food labels for the healthiest foods.
- Eat meatless meals twice a week.
- Drink skim or 1% low-fat milk.
**RECIPE BOX**

Recipes as featured in One Week Menu in “From Groceries at the Store to Meals Galore” section.

### RECIPE FOR: No-Bake Chicken and Vegetable Noodle Casserole

*This is the easiest casserole you will never have to bake!*

Recipe provided by Nutra-Net, Inc.

1 can cream of chicken soup (93¢)  
Milk to thin (10¢)  
2 cups frozen or canned peas, drained (69¢)  
2 chicken breasts, cooked, cut in chunks ($3.88)  
2 cups egg noodles (52¢)  

1. Make noodles according to package directions. Strain.  
2. Add soup, peas, and chicken to noodles. Thin with milk.  
3. Heat until bubbly and serve.  

Serves 8 at approximately 77¢ per serving, total: $6.12.  
Nutritional information per 1 cup serving: 168 calories, 18 grams protein, 14 grams carbohydrates, 4 grams fat, 321 milligrams sodium, 4 grams fiber.

### RECIPE FOR: Coleslaw

*Fresh, crunchy, tangy coleslaw in less than 5 minutes.*

Recipe provided by Nutra-Net, Inc.

3 cups cabbage, shredded (97¢)  
2 carrots, shredded (28¢)  
Assorted vegetables such as onions/peppers, thinly sliced (optional)  

1/4 cup light mayonnaise (38¢)  
1/2 cup plain yogurt or light sour cream (29¢)  
2 tablespoons Dijon mustard (12¢)  
1 teaspoon vinegar (2¢)  

Mix together and chill.  

Serves 8 at approximately 26¢ per serving, total (with yogurt): $2.07.  
Nutritional information per 1/2 cup serving: 45 calories, 1 gram protein, 5 grams carbohydrates, 3 grams fat, 166 milligrams sodium, 1 gram fiber.
**RECIPE FOR: Tex-Mex Scramble**

Enjoy this traditional “migas” dish — an economical, complete, balanced skillet recipe for a hungry family.

Recipe from Casey’s Cookbook at www.GetAHealthyGrip.org

- 3 eggs (30¢)
- ¼ cup green pepper, diced (22¢)
- ¼ cup red pepper, diced (32¢)
- 2 tablespoons onion, diced (16¢)
- 6 small corn tortillas (36¢)
- 2 tablespoons 2% cheddar cheese, shredded (21¢)
- 1-2 tablespoons Canola Oil (6¢)
- Salt & pepper (to taste) (1¢)

1. Cut tortillas into strips.
2. Sauté cut tortilla strips in skillet with oil.
3. Add vegetables and sauté with the tortilla strips.
5. Pour eggs over tortilla strips and vegetables.
6. Fold egg from edges and mix like scrambled eggs until done.
7. Garnish with cheese.

Serves 3 at approximately 55¢ per serving, total $1.64.
Nutritional information per 1 cup serving: 247 calories, 15 grams protein, 16 grams carbohydrates, 14 grams fat, 324 milligrams sodium, 2 grams fiber.

**RECIPE FOR: Lemonade, Even Without Lemons**

Half the sugar of soda!

Recipe from Casey’s Cookbook at www.GetAHealthyGrip.org

- 1 cup lemon juice (or lemon juice concentrate)* (92¢)
- ½ cup sugar (15¢)
- 5 cups water

1. In a small saucepan, heat the sugar and 1 cup of water until the sugar is completely dissolved. Or just use a microwave safe dish and microwave it.
2. In the meantime, squeeze 4-6 lemons to get the 1 cup of juice. If no fresh lemons are available, substitute lemon juice concentrate.* Follow guidelines on the label for correct amount needed.
3. Pour the lemon juice into a pitcher along with the dissolved sugar syrup. To the mixture, add 4 cups of cold water, more or less, to achieve the desired strength and taste.
4. Refrigerate for 30 to 40 minutes to chill before serving. Serve over ice if possible.

Serves 6 at approximately 18¢ per serving, total $1.07.
Nutritional information per 1 cup serving: 80 calories, 0 grams protein, 21 grams carbohydrates, 0 grams fat, 1 milligram sodium, 1 gram fiber.

**TIP:** If served from a pitcher, you can dress it up by adding ice cubes and a few lemon slices and/or cucumber slices to the pitcher.

*Lemon juice concentrate can often be found in a supermarket’s bar-mixtures area.
RECIPE FOR: Brunswick Stew

Never know what to do with leftovers? Here’s an idea: throw it all in a pot and call it stew! Recipe provided by Nutra-Net, Inc.

½ cup onions, diced (64¢)
2 cups cooked leftover meat (stew meat, hamburger, chicken, etc.) $1.94 (variable)
1 can broth ($1.09)
1 can corn (88¢)
1 can beans (kidney, pinto, etc.) (78¢)
1 can diced tomatoes (88¢)

1. Sauté diced onions in skillet.
2. Add cooked leftover meat.
3. Place onions and meat in large pot and add broth, corn, beans, and tomatoes.
4. Heat until bubbly and serve.

Serves 8 at approximately 75¢ per serving, total $6.01.
Nutritional information per 1 cup serving: 204 calories, 16 grams protein, 19 grams carbohydrates, 7 grams fat, 642 milligrams sodium, 4 grams fiber.

QUESTIONs AND ANSWERS

Q: Why does it seem like I spend more money on groceries in the summer?
A: If your children eat free or reduced-price breakfasts or lunches when they are in school, then you do spend more money in the summer! Look into nearby Summer Feeding Programs at a school or community center in your area. They provide children free meals during the summer months. One way to help offset the added summer cost would be to grow a garden.

Q: Our son is an active, growing teen and is eating us out of house and home. Can I really feed him for $40 a week?
A: Probably not. The $40 used in the examples is based on 2,000 calories per day. It sounds like your son needs a lot more. Adjust the $40 for calories he needs. For example, if your son needs 2,500 calories a day, that is 25% ($10) more than $40 for 2,000 calories. A reasonable budget would be about $50 for the week. See the calorie charts at www.MyPyramid.gov to find the right calorie needs for you and your son.

Q: Does skim milk have all the nutrients I need? When I drink it, I feel like something’s missing.
A: Skim milk has all the nutrients of whole milk (and even a bit more calcium!). All that’s missing is the fat. Children one to two years old need the saturated fat in whole milk for brain development, but everyone over two years old should drink skim or 1% milk. (Babies under one year should not drink cow’s milk in any form.) If you’re having trouble making the switch, gradually step down from whole milk to 2%, then to 1% or skim.
Q: Are packages labeled with a standard serving size for each food group?
A: No. The serving size listed on packaged foods is determined by food manufacturers. For example, a package of almonds may say the serving size is 2 ounces, while MyPyramid recommends 1 ounce (about 25 almonds). To be sure you are getting the right amount, look at the number of calories in each serving to determine how much of something you will eat. (See “Get the Facts” section.)

Q: The number of calories recommended for me in the “MyPyramid Food Intake Pattern Calorie Levels” chart seems high. Should I really be eating that much?
A: Yes. Many people believe the recommendation is too high. However, the calories we eat and drink add up quickly. To see for yourself, try writing down everything you eat and drink for two or three days, then compare your caloric intake to the chart again. Just remember to eat normally when keeping a food journal so you get an accurate assessment! Also, the numbers on the chart are for weight maintenance. To lose weight at a healthy pace, dietitians recommend cutting about 500 calories a day, but not going below 1,200 calories a day, and/or increasing your physical activity level.

Q: I don’t get the daily newspaper. Can I still get coupons?
A: Yes! Many stores, including Aldi, offer coupons online. Just remember to use caution – even with a coupon, a name-brand item may still be more expensive than its store-brand counterpart. A better way to find deals is to look at the weekly specials ad for your store. Many stores mail them directly, or display them near their entrance. Tell your store if you’re not getting the mailings. Some stores offer discounts for frequent shoppers. If you don’t have a card, ask if the cashier if he or she has a card to scan for you.

Q: How much raw meat should I buy to get the right portion size after it’s cooked?
A: Recommendations are for cooked, ready-to-eat portions. Many variables – cooking temperature, fat and water content, for example – affect volume loss. As a general rule, if you buy 80% lean ground beef, you should expect to lose about half the volume. If you buy 90% lean ground beef, you will lose 20-25% of the volume. By industry standards, 90% lean meat, whether it’s beef, chicken, fish, or other, can be labeled “lean.”

Q: Should I measure vegetables before or after cooking?
A: In the past, recommendations specified raw or cooked vegetables. Now, though, MyPyramid says a cup is a cup, whether the vegetables you’re measuring are raw or cooked. (The exception is leafy greens, where two cups equal a one cup portion, as noted below.)

Q: According to MyPyramid I have to eat 2 cups of spinach and other leafy greens. Is this because they aren’t as nutritious as other vegetables?
A: Spinach, lettuce, and other leafy greens are very nutritious, but when we measure them, we are also measuring a lot of air. To compensate, MyPyramid says to eat 2 cups to get a 1 cup portion serving. The chart does not rank foods according to nutritional value. (See “What Counts Toward My Daily Recommended Intake” section.)

Q: When I stopped eating meat my grocery bill went up. Why?
A: It sounds like you are buying “Budget Buster” meat alternatives like tofu, nuts and cheese. To get more for your money, buy beans more often. They are a convenient, versatile, widely available, and inexpensive alternative to meat. You can use beans in soups, dips, and salads. Dried beans, which must soak overnight before cooking, cost about 3-4 cents per ounce. Canned beans are more convenient, and still inexpensive, at 7-8 cents per ounce. (See “Rules of Thumb” section.)

Q: Are frozen and canned fruits and vegetables as nutritious as fresh produce?
A: Yes, all forms of produce – fresh, canned, frozen, dried, or 100% juice – count as fruits or vegetables. Since produce can be harvested at its peak and packaged quickly, there are several alternatives to fresh produce. Follow these simple rules to know you are always making the best choice:

- Choose a variety of fruits and vegetables every week.
- Choose canned vegetables with no salt added or rinse off the salt.
- Choose canned fruit with no sugar added or rinse off the syrup.
- Choose frozen fruit with no sugar added.
- Choose locally grown produce.
RESOURCES AND REFERENCES

Nutrition Information and Educational Resources
Casey Feeds Her Family©
www.GetAHealthyGrip.org
913-381-7803

Nutra-Net, Inc.
www.nutra-net.org
816-836-2646

MyPyramid
www.mypyramid.gov

Shopping, Cooking, and Meal Planning
www.nutrition.gov

Kansas State University Cooperative Extension
Health and Nutrition Resources
www.ksre.k-state.edu
785-532-5820

University of Missouri Cooperative Extension
Food and Fitness Resources
www.missourifamilies.org/nutrition
573-882-7828

Emergency Assistance
Harvesters Food Bank
www.harvesters.org
816-929-3000

Kansas City, Missouri, Food Pantries
www.foodpantries.org/ci/mo-kansas_city

Kansas City, Kansas, Food Pantries
www.foodpantries.org/ci/ks-kansas_city

Community Resources
Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
www.fns.usda.gov/wic

Food Stamp Program
www.ssa.gov/pubs/10101.html

National School Lunch Program
www.fns.usda.gov/cnd/lunch

Meals on Wheels (for seniors)
www.mowaa.org

Farmers Markets and Local Food Buying Clubs
KC Food Circle
www.kcfoodcircle.org/markets
913-620-8427

Kansas City, Missouri Farmers Markets
www.thecitymarket.org/farmersmarket.html
816-842-1271

Farmers Market Directory: West Central Missouri
www.agebb.missouri.edu/fmkt/dir/view.asp?region=3
573-751-2969

Kansas City Organics
www.kcorganics.com
816-444-3663

The Kansas City Community Supported Agriculture (CSA) Coalition
www.kc-csac.org
MyPyramid

Food Intake Patterns

The suggested amounts of food to consume from the basic food groups, subgroups, and oils to meet recommended nutrient intakes at 12 different calorie levels. Nutrient and energy contributions from each group are calculated according to the nutrient-dense forms of foods in each group (e.g., lean meats and fat-free milk). The table also shows the discretionary calorie allowance that can be accommodated within each calorie level, in addition to the suggested amounts of nutrient-dense forms of foods in each group.

<table>
<thead>
<tr>
<th>Daily Amount of Food From Each Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calorie Level</td>
</tr>
<tr>
<td>Fruits</td>
</tr>
<tr>
<td>Vegetables</td>
</tr>
<tr>
<td>Grains</td>
</tr>
<tr>
<td>Meat and Beans</td>
</tr>
<tr>
<td>Milk</td>
</tr>
<tr>
<td>Oils</td>
</tr>
<tr>
<td>Discretionary calorie allowance</td>
</tr>
</tbody>
</table>

1 Calorie Levels are set across a wide range to accommodate the needs of different individuals. The attached table “Estimated Daily Calorie Needs” can be used to help assign individuals to the food intake pattern at a particular calorie level.

2 Fruit Group includes all fresh, frozen, canned, and dried fruits and fruit juices. In general, 1 cup of fruit or 100% fruit juice, or 1/2 cup of dried fruit can be considered as 1 cup from the fruit group.

3 Vegetable Group includes all fresh, frozen, canned, and dried vegetables and vegetable juices. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group.

4 Grains Group includes all foods made from wheat, rice, oats, cornmeal, barley, such as bread, pasta, oatmeal, breakfast cereals, tortillas, and grits. In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or 1/2 cup of cooked rice, pasta, or cooked cereal can be considered as 1 ounce equivalent from the grains group. At least half of all grains consumed should be whole grains.

5 Meat & Beans Group in general, 1 ounce of lean meat, poultry, or fish, 1 egg, 1 Tbsp. peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

6 Milk Group includes all fluid milk products and foods made from milk that retain their calcium content, such as yogurt and cheese. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not part of the group. Most milk group choices should be fat-free or low-fat. In general, 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the milk group.

7 Oils include fats from many different plants and from fish that are liquid at room temperature, such as canola, corn, olive, soybean, and sunflower oil. Some foods are naturally high in oils, like nuts, olives, some fish, and avocados. Foods that are mainly oil include mayonnaise, certain salad dressings, and soft margarine.

8 Discretionary Calorie Allowance is the remaining amount of calories in a food intake pattern after accounting for the calories needed for all food groups—using forms of foods that are fat-free or low-fat and with no added sugars.
MyPyramid Food Intake Pattern Calorie Levels

MyPyramid assigns Individuals to a calorie level based on their sex, age, and activity level.

The chart below identifies the calorie levels for males and females by age and activity level. Calorie levels are provided for each year of childhood, from 2-18 years, and for adults in 5-year increments.

<table>
<thead>
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<th>AGE</th>
<th>MALES</th>
<th></th>
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<tr>
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<td>Mod. active*</td>
<td>Active*</td>
<td>Sedentary*</td>
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<td>2600</td>
<td>71-75</td>
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<tr>
<td>76 and up</td>
<td>2000</td>
<td>2200</td>
<td>2400</td>
<td>76 and up</td>
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</table>

*Calorie levels are based on the Estimated Energy Requirements (EER) and activity levels from the Institute of Medicine Dietary Reference Intakes Macronutrients Report, 2002.

SEDENTARY = less than 30 minutes a day of moderate physical activity in addition to daily activities.

MOD. ACTIVE = at least 30 minutes up to 60 minutes a day of moderate physical activity in addition to daily activities.

ACTIVE = 60 or more minutes a day of moderate physical activity in addition to daily activities.

United States Department of Agriculture
Center for Nutrition Policy and Promotion
April 2005
CNPP-XX
Seasonal Fruits and Vegetables

Fresh fruits and vegetables vary from season to season. Buying fruits and vegetables that are “in season” will help save time and money. Here is a list of seasonal fruits and vegetables that are in their prime time for serving.

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
<th>SUMMER</th>
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</thead>
<tbody>
<tr>
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<td>December</td>
<td>March</td>
<td>June</td>
</tr>
<tr>
<td>October</td>
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</tr>
<tr>
<td>November</td>
<td>February</td>
<td>May</td>
<td>August</td>
</tr>
</tbody>
</table>

- Apples
- Broccoli
- Brussels Sprouts
- Cabbage
- Chinese Cabbage
- Cauliflower
- Celery Root
- Cranberries
- Cucumbers
- Eggplant
- Grapes
- Greens
- Lettuce: Head or Iceberg
- Leaf Lettuce
- Mushrooms
- Okra
- Mandarin Oranges
- Pears
- Chili Peppers
- Sweet Peppers
- Pomegranates
- Pumpkin
- Shallots
- Spinach
- Winter Squash
- Star Fruit
- Sweet Potatoes
- Turnips

- Avocados
- Broccoli
- Brussels Sprouts
- Cabbage
- Chinese Cabbage
- Cauliflower
- Celery Root
- Chicory
- Dates
- Fennel
- Grapefruit
- Greens
- Lemons
- Wild Mushrooms
- Mandarin Oranges
- Sweet Oranges
- Pears
- Spinach
- Sweet Potatoes
- Tangerines
- Turnips

- Asparagus
- Avocados
- Basil
- Beans
- Beets
- Berries
- Broccoli
- Cabbage
- Chinese Cabbage
- Cucumbers
- Lettuce: Head or Iceberg
- Mangoes
- Okra
- Sweet Oranges
- Papayas
- Peas
- Chili Peppers
- Sweet Peppers
- Radishes
- Rhubarb
- Shallots
- Spinach
- Summer Squash
- Turnips

- Apricots
- Basil
- Beans
- Beets
- Blackberries
- Blueberries
- Boysenberries
- Carrots
- Cherries
- Collards
- Corn
- Cucumbers
- Dates
- Figs
- Grapes
- Green Beans
- Limes
- Mangoes
- Melons
- Nectarines
- Okra
- Peaches
- Pears
- Chili Peppers
- Sweet Peppers
- Plums
- Raspberries
- Summer Squash
- Tomatoes
- Watermelon

Quick Snacks to Keep Handy

Keep these healthy, affordable foods on hand so you won’t have to resort to expensive, pre-packaged foods when you need a quick snack!

- Air-popped or Light Popcorn
- Raisins
- Nuts
- Whole Grain Crackers
- Whole Grain Cereal
- Peanut Butter
- Canned Fruit
- Pretzels
- Whole Wheat Tortilla and Peanut Butter

- Oatmeal
- Carrots
- Celery
- Apples
- Oranges
- Cheese (Cut in cubes for a fun shape)
- Hard-boiled Eggs
- Veggies with Bean Dip (Fat free canned refried beans with salsa, warmed)
Circle as many answers that apply to you:

1. Which vegetables are you most likely to buy?
   A. Fresh at good prices or canned vegetables on sale
   B. Frozen steam-in-a-bag vegetables
   C. Fresh vegetables

2. It is most important to you that you can buy food:
   A. At a good price
   B. That is easy to prepare
   C. That is healthy

3. What do you like most about grocery shopping?
   A. Finding good deals
   B. Getting it over with
   C. Finding new healthy foods

4. What do you like least about grocery shopping?
   A. I might be overcharged for my food
   B. The lines are long
   C. The produce department doesn’t look good

5. Which product are you most likely to purchase?
   A. Beans
   B. Turkey meat at the deli counter
   C. Fresh salmon

6. Which phrase would you be most likely to say?
   A. “A dollar is a dollar.”
   B. “Time is money.”
   C. “Your health is priceless.”