

Eating GREEN on a Budget

1. Choose Whole or Unprocessed Foods over Processed Foods.

Unprocessed foods are cheaper and more nutritious than processed foods. Avoid anything that comes from a box 90% of the time!

- **Proteins.** Ground turkey, chicken, lean pork, canned tuna, plain yogurt, eggs, skim milk



- **Carbs.** Pasta, rice, oats, potatoes, apples, bananas, raisins, broccoli, spinach, cabbage, beans

- **Fats.** Olive oil, fish oil, flax seeds, mixed nuts

2. Choose Affordable Proteins. You only need 1g protein per pound of body-weight per day to build and maintain muscle. Save the steaks and salmon for special occasions.

Affordable Proteins

- Canned Tuna in spring water or brine.
 - Whole Eggs.
 - Whey. You don't get cheaper than this. But don't rely on whey only, vary your protein intake.
 - Ground Beef that is 80% ground beef and rinse the fat if lean beef is too expensive. You can reduce the fat content by as much as 50%.



- Milk that is skim or 1%. Low-fat milk costs less than whole milk.
- Frozen Chicken Breast. Consume within 2 months of freezing for optimal tenderness & taste.
- Cottage Cheese.
- Ground Turkey. Rinse the fat like for ground beef using this method.

3. Buy Frozen Fruits & Veggies. Unfreeze berries in the microwave and eat warm with cottage cheese.



NATIONALLY



RECOGNIZED

Frozen is often half the price of fresh and has a long shelf life when kept in freezer.

4. Buy Generic or Store Brands. Raw foods like rice, pasta, eggs, milk, cottage cheese, frozen fruits and veggies taste like brand name foods.

5. Buy In-Season Fruits & Veggies. Food grown in season tastes better and is cheaper: root vegetables in winter; apples and squash in fall; and, broccoli and berries in summer.



6. Buy Discounted Meat. Grocery stores often discount meats up to 70% as they approach expiration date. Buy several pounds and store in your freezer.



7. Drink Tap Water. It's cheaper than bottled water. Use fruits and vegetables in season to infuse water for flavor.

8. Check the Unit Price. Big packages are often—but not always—cheaper than small ones.

9. Avoid Impulse Buying. Make a list and stick to it. Plan your meals ahead, including portion size. Eat before you go shopping.

10. Grow Your Own Food. There are many community gardens in Lincoln that are low-cost or free for limited incomes. www.communitycrops.org



11. Cut the Sugar. The typical American eats 150 pounds worth of sugar per year. Cut your sugar consumption in half and save 7,500 calories a month!

Sources: StrongLifts.com, Fohboh.com, Greenwise.com



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