

# Toilet Talks



## NATIONAL NUTRITION MONTH

Spring 2021

Getting the most nutrition for your food budget starts with a little extra planning before you shop. Here are some budget-friendly tips for eating right.

**Cook more, eat out less.** Eating out can be expensive. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

**Plan what you are going to eat.** Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed. When shopping with a list you will be less likely to buy things that are not on it.

**Focus on nutritious, low-cost foods.** Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon or tuna; grains such as oats, brown rice, or quinoa; and frozen or canned fruits and vegetables.

**Make your own healthy snacks.** Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit and whole grain pretzels or cereal; store small portions in airtight containers.

**Watch portion sizes.** Use smaller plates, bowls and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood or beans. This is an easy way to eat a balanced meal while controlling portions and cost.

Check out [www.eatright.org](http://www.eatright.org) for more tips on eating healthy!



**Additional Resources:**

[myplate.gov](http://myplate.gov)

[dietaryguidelines.gov](http://dietaryguidelines.gov)



## #ProtectYourNest

Help prevent the spread of COVID-19:

- Wear a face covering
- Maintain physical distance
- Wash hands often
- Avoid gathering in groups