

# Nutrition Tidbits



## Quick Tips on Eating Healthy on Tight Budgets

- Share meals when eating out. This not only helps you achieve portion control, it cuts your meal cost in half.
- Use nut butters and beans as meal substitutes.
- Purchase large containers of oats to make oatmeal mixed with fresh fruit.
- Purchase large containers of plain low-fat yogurt and add fresh fruit.
- Purchase lean meats when they are on sale and freeze them.
- Purchase in-season produce, as it is usually on sale since grocers receive large quantities.
- Shop locally at your area farmer's market and enjoy the fresh flavors of your local producers.

## Is Healthy Really More Expensive?

It is a very common belief that in order to have healthy eating patterns, you need to spend a lot of money. But what about the money you would save from the junk food purchases?

Case of name brand soft drinks – \$5.99  
20 ounce bag of potato chips - \$4.19  
Box of snack cakes - \$1.99  
Package of 8 toaster-tarts \$2.39  
Package of chocolate chip cookies - \$3.59  
Half-gallon of ice cream - \$3.99  
Box of pre-sweetened cereal - \$3.19  
8 juice boxes - \$2.94  
1 box of 12 glazed doughnuts - \$3.99

## Food For thought!

Source: *Eating Healthy on a Budget* by Bev Grey



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## Eating Healthy on a Budget → "Budgeting"

Let's face it. Times are tough for everyone right now. The economy is taking a downturn and many people are without jobs. Even those that are employed are trying to live in more frugal ways. For those that are actively making healthy lifestyle changes or even those that have a desire to start in the 2009 year, may be wondering whether you can eat healthy on your tighter budgets.

The answer is a resounding yes. At PNT, we have a new healthy eating plan that incorporates thrifty ideas that help your family maintain healthy eating patterns during tough times. We call it the *Budgeteer Plan*. You can become a budgeting person who's health is not a victim to this economy!

The Budgeteer Plan involves coming up with a personalized healthy meal plan for you and/or your family along with ways to get those foods within your budget. This will take a little more strategizing on your part, but for those frugal people out there, they are willing to do the extra work in

order to save a dollar.

### Components of a Budgeteer Plan

*Be Flexible.* While fresh produce may taste the best to you, frozen produce, particularly vegetables, have a tendency to be cheaper. You may like a certain brand of wild rice, but the store brand bulk bag may be the cheaper way to go. Plan to look around at cheaper brands of the same food.

*Plan Ahead.* Shop for your groceries one full week in advance in order to avoid the eating out trap. Eating out excessively leads to both budget and belt busting every time!

*Bulk and freeze.* This will not only save you money, but will also save you time – two precious commodities these days. Free resources for doing this can be found at <http://www.menus4moms.com/bulk/index.php> and <http://bulkcooking.com/>. Be sure to choose the healthy recipes!

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Grow your own garden. Again, being a budgeteer demands that flexibility! What a fun thing to do with your children. Don't have enough room outdoors? No problem. Many people are growing all kinds of produce indoors. Check out an interesting article found on Bella Online – The Voice of Women:

<http://www.bellaonline.com/articles/art15693.asp>.

*Brown bagged your lunches.* Many of these components not only save you money, but they also help you stay on track with your healthy lifestyles. You can bag healthy food items that go on sale or even eat leftovers from last night's dinner.

*Be on the lookout for sales and good coupons.* Grocery stores have weekly specials that can be found in a saver book located at the front of the store. You can also shop for coupons online at websites such as <http://www.coupons.com>, <http://www.couponsurfer.com> and <http://www.smartsource.com>. Consider taking a look at the coupons to help plan your weekly menu. You can search for recipes by ingredient at websites such as

<http://www.fruitsandveggiesmatters.gov/> (under Recipes) and <http://allrecipes.com/search/ingredients.aspx>.

Just like any other area of good budgeting, it takes creativity and flexibility to be successful. Making changes from your old routine is the most difficult challenge to overcome, but one that will be rewarding in more ways you can imagine!

To receive a personal Budgeteer Plan for the 2009 year, contact us at 972-238.1811. Special pricing is available through January 2009.

## Free Stuff Alert!

Visit and re-visit PNT's website at <http://www.foodtherapyrd.com>. We have great nutrition resources right now. However, starting next Monday, PNT will begin adding more nutrition news you can use for your healthy lifestyle endeavors. Updates made regularly!

**Log on and Learn!**

## FEATURE BUDGETEER RECIPE

### Under \$3/serving



### Pork Chops with Orange and Fennel Salad

<http://www.eatingwell.com>

- 3 navel oranges
- 1 teaspoon lemon juice
- 1/2 teaspoon sugar
- 1/2 teaspoon cornstarch
- 1/2 teaspoon salt, divided
- 4 4-ounce boneless pork chops, 1/2 inch thick, trimmed
- 2 teaspoons fennel seeds, roughly chopped or coarsely ground in a spice grinder
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 1 large fennel bulb, cored and thinly sliced
- 1 shallot, chopped
- 3 cups watercress or arugula, tough stems removed

1. Remove the skin and white pith from oranges with a sharp knife. Working over a bowl, cut the segments from their surrounding membranes. Squeeze juice in the bowl before discarding membranes. Transfer the segments with a slotted spoon to another bowl. Whisk lemon juice, sugar, cornstarch and 1/4 teaspoon salt into the bowl with the orange juice. Set aside.
2. Season pork chops on both sides with fennel seeds, the remaining 1/4 teaspoon salt and pepper. Heat oil in a large nonstick skillet over medium heat. Add the chops and cook until browned and just cooked through, 2 to 3 minutes per side. Transfer to a plate and tent with foil to keep warm.
3. Add sliced fennel and shallot to the pan and cook, stirring, for 1 minute. Add watercress (or arugula) and cook, stirring, until it begins to wilt, 1 to 2 minutes more. Stir in the reserved orange segments, then transfer the contents of the pan to a platter.
4. Add the reserved orange juice mixture and any accumulated juices from the pork chops to the pan. Cook, stirring constantly, until slightly thickened, about 1 minute. Serve the pork chops on the fennel salad, drizzled with the pan sauce.

NUTRITION INFORMATION: Per serving: 257 calories; 10 g fat (2 g sat, 5 g mono); 66 mg cholesterol; 20 g carbohydrate; 24 g protein; 5 g fiber; 378 mg sodium; 818 mg potassium.