

## Healthy Eating on a Lean Budget: Top Ten Saving \$strategies for People with Diabetes

**Limit impulse purchases.** Go to the store with a shopping list – and stick to it!

**Buy in season.** Blueberries are a cheap treat in the summer but practically an investment once it's fall. Consider growing some of your own produce as well.

**Use coupons.** Sign up for your supermarket's shopper discount card too.

**Purchase sale items in bulk.** Use the same main ingredient and dress it up differently. Turn ground beef into chili, burritos and a topping for baked potatoes. Plus, freeze some beef for the weeks to come.

**Buy generic.** Follow this rule except when you know a certain brand is of higher quality. A major national brand of sliced Swiss cheese recently sold for \$4.49 per half pound versus \$3.49 for the store brand.

**Think whole foods.** The more processed foods you buy, the higher the price. Even a banana in pricey New York City only costs a quarter whereas a small candy bar costs at least 75 cents.

**Do it from scratch.** You pay more for convenience. Grate your own cheese and shred your own lettuce.

**Shift those portion sizes.** Use pricey meats as an accent, not the main event. For instance, skip the pork chops and cook up a pork stir-fry.

**Load up on beans.** Meat is expensive. A pound of 85% lean ground beef costs \$3.29. A 1 pound can of black beans? A mere 50 cents!

**Shop at wholesale food stores.** Some examples include Sam's Club or Wal-Mart Superstores. Make sure you know prices, though, to guarantee a savings.

From: *Diabetes Meals on \$7 a Day – or Less!* (used with permission.)

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