



HEALTHY YOU

June 2008

UK Health & Wellness Program
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Ask the Expert: Eating healthy on a budget



Q I'd like to eat more healthful foods. But with increased food costs – not to mention gas prices – my income is stretched way too thin. How do I eat healthy on a budget?

A Don't despair! It is possible to follow a healthful diet while minding your wallet. All it takes is a little planning and creativity. Here are a few of our favorite tips:

- Let MyPyramid be your guide: According to the food pyramid (www.mypyramid.gov), the bulk of your diet should consist of grains, fruits, and vegetables. Meats and dairy foods, which are more costly, should be consumed less frequently. This is both economical and healthful!
- Eat at home: Why pay \$10 for a pasta dinner at a restaurant when you can prepare the same thing at home for a fraction of the price (and for half the calories and fat)? Prepare more meals at home – your wallet and waistline will thank you.

- Make a grocery list and stick to it: If you have a plan to follow, you will be better able to resist the temptation of costly and unhealthy convenience foods.
- Don't grocery shop on an empty stomach: When you're hungry, you are much more likely to buy impulse items that can bust your food budget (and your waistline!).
- Shop the perimeter of the store: This is where you will find more healthful and less costly foods. Minimize purchases from the middle aisles that contain expensive processed foods.
- Buy generic: These items are often comparable in taste and quality, but are much cheaper.
- Use caution with sale items: This is a major cause of impulse shopping! If you didn't already plan to buy it, then you probably don't need it. If a name brand item is on sale, remember that the generic version may still be cheaper.
- Use caution with bulk foods: If you won't use it before it goes bad or you don't have room to store it, then bulk purchases won't save you money.
- Avoid individual-sized packages: Why pay for 100-calorie packs, when you can make your own with a box of Wheat Thins and baggies?
- Compare unit prices: Unit prices are usually marked on the shelf below the product and can help you compare the price of similar products.
- Make water your drink of choice: This means you can spend less money on alcohol, soda, juices, and sports drinks.

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Come with us to the Farmers Market!

Farmers Market bus rides began June 3, 2008 and will run every Tuesday through August 26, 2008. The bus ride is FREE, and you can't

beat the market for the freshest fruits and veggies in town.

We'll pick you up, drive you to the market, wait 30 minutes while you shop, and get you back to work on time.

For a map of pick-up spots and more information, visit www.uky.edu/HR/wellness/farmersmarket.html.

FREE Lunch & Learn - June 11

A little confused about what's healthy and what's not? Join us for an encore presentation of "Focus on Nutrition: What to Eat," June 11, from 12:10-12:50 p.m., at 411 Wethington Bldg. Register online at www.uky.edu/HR/wellness/lunchandlearn.html.



The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

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- Skip organic foods: These are not necessary for a healthful diet and are not usually any more nutritious than the same non-organic food.
- Buy fruits and vegetables that are in season: This can dramatically cut down on the cost of fresh produce.
- Buy local foods: This supports your local farmer, cuts down on cost, and usually tastes better!

— Karen Bryla McNees, Ed.D., R.D.



Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in the newsletter. E-mail us at healthandwellness@email.uky.edu.

Quick & Healthy Recipe

Simple Shrimp Stir Fry (*Kraft Foods Web site*)

Makes: 4 servings

- 1/4 cup KRAFT Asian Toasted Sesame Dressing
- 1 pkg. (10 oz.) frozen broccoli florets
- 1/2 lb. (8 oz.) frozen cooked cleaned medium shrimp
- 2 cups hot cooked rice

Heat dressing in large skillet on medium high heat. Add broccoli; cook 3 min. or until tender, stirring frequently. Add shrimp; cook 5 min. or until shrimp is heated through. Serve over rice.

Note: This recipe may work better by first thawing frozen shrimp under cold water and draining well. If frozen shrimp are added to skillet, sauce may become watery.