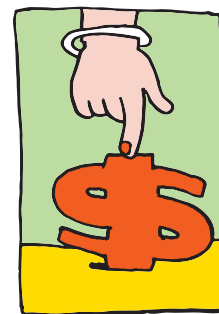


HEALTHY EATING & SAVING MONEY



Whether or not you have diabetes, buying healthy foods one can afford can be difficult at times. Here are 10 shopping tips that can help you eat well and also save money:

1. Plan your meals before you shop.
2. Make a list of the foods you'll buy, and stick to your list.
3. Shop at super or club stores, like BJ's, Costco, and Walgreens.
4. Buy store brands whenever you can.



Nutrition Facts	
Servings Per Container: 8	
Serving Size: 2/3 cup (55g)	
Amount Per Serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Sugars 12g	
Includes 10g Added Sugar 20%	

5. Use the Nutrition Facts label to compare similar healthy foods and buy the one with the best price.
6. Buy healthy sale items in large sizes.
7. Plain (no sauces or flavorings) frozen vegetables and fruits are often cheaper than fresh and just as healthy.
8. Buy foods in season, when prices are the lowest.
9. Limit (avoid) buying processed and fat- or sugar-free foods. They often cost more and are less healthy.
10. Use coupons and reward cards when you check out.

