

# Eat Intelligently with Tight Budget

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Prices of food can sometimes prevent you from eating healthy food. However, you will find the following tips useful if you are the ones who need to eat healthy food on a budget.

1. **No Junk Food** Go to grocery store alone when you need to fill up your refrigerator. Children and spouses sometimes request for junk food. Going to the grocery store alone will help prevent unfavorable situations. Make sure that you buy only the foods you need.

## 2. No Soft Drink, Only Water and Milk

You can still enjoy your favorite drinks at sports events or when you go out at night. However, when you do some grocery and need some beverages, just choose the small bottles to save your money and calories. Both children and adults need milk or other dairy products on a daily basis. Milk can improve your health and provides your bones and teeth with calcium.

## 3. Fruits in Season

Buying fruits in season help save your money. Buy them in lot and keep them in your refrigerator for other days. Before putting them in the refrigerator, wash them carefully, remove spoiled items and dry them thoroughly. Then keep them in plastic zipper bags and put them in your refrigerator.

## 4. Meats and Beans

Protein can be mostly found in meats and beans. Lean meat is more expensive than meat with more fat. Canned beans are one of your good selections as they offer you high protein.

## 5. Beans As a Substitute

Beans can be eaten to substitute meat on several occasions. There are varieties of bean which can be prepared in a crock pot. When you arrive home they are ready for you to eat. According to USDA, you are recommended to eat beans for at least 4 times a week. You may have plenty of gas in your stomach after eating beans. However, you can wash them, put them in water and boil them. Then drain it off and refill the pot with more water.

6. If you live in a coastal area or an area where fish can be easily caught, make that an integral part of your diet. You can catch fish from lakes or rivers. Just to save money.

7. Peanut butter is a great menu for people with tight budget.

Peanut butter is good for everyone. It can be eaten to substitute hot dog in sandwiches. You do not need to put them in the refrigerator. Just keep it in a big jar and it can last for weeks.

8. Eat food and fruit that is high in water.

Watermelon, salad, and sugar free gelatin are all great choices. Eating healthy is always something you should head for. You can eat healthy with just a few Bucks. Now you do not need a lot of money to have healthy food.