

National Nutrition Month® — The theme for March 2009 is "Eat Right."



National Nutrition Month® is a nutrition education and information campaign created annually in March by the American Dietetic Association.

March, National Nutrition Month® is a perfect time to learn that eating right can be easy and cost effective. According to a recent ADA consumer survey, the majority of people consider convenience as the biggest factor in selecting a meal. However, the economic recession has affected Americans' mealtimes as well, including limiting the amount of money people spend eating out.



Healthy meals don't have to be a big expensive production, With just a little bit of planning, meals can be convenient, healthy and inexpensive. Here are some tips for saving money while eating right:

- ◆ **Even small amounts of advance planning pay off:** Search online for easy one-pot recipes. Consider doubling recipes and saving half for another night. Plan meals around seasonal fruits and vegetables.
- ◆ **Use coupons for staples:** According to the ADA, only half of Americans clip grocery coupons and look for price specials. Clipping coupons or printing them from web sites can save you 10 to 15 percent on your grocery bill. Most coupons are for processed foods. Ask yourself "Does this food promote my health? If not, even saving money is not a bargain."

- ◆ **Follow portions for protein:** 42 percent of those surveyed say they limit the amount of meat purchased to cut costs. But we know that we can keep our meat costs low by considering recommended portion sizes. A portion of meat is the size of a deck of cards. A pound of chicken breasts could last for two meals if you follow portion control.
- ◆ **Make a meatless meal:** Beans are an excellent source of protein and are also an inexpensive way to create a healthy meal.
- ◆ **Think outside the crisper:** Frozen or canned fruits and vegetables will last longer than fresh versions from the produce department and are equally nutritious.
- ◆ **Don't throw money away:** Keep leftovers safe by refrigerating them quickly, use before they go bad and you can stretch one meal into a few. Whole grain rice and pasta can help stretch out a small amount of leftovers. Leftover meat, chicken or beans can be mixed with rice for a stir-fry or mixed with a pasta sauce served over spaghetti.



Remember that just a few small changes can help you and your family "eat right."

Source: www.eatright.org/

