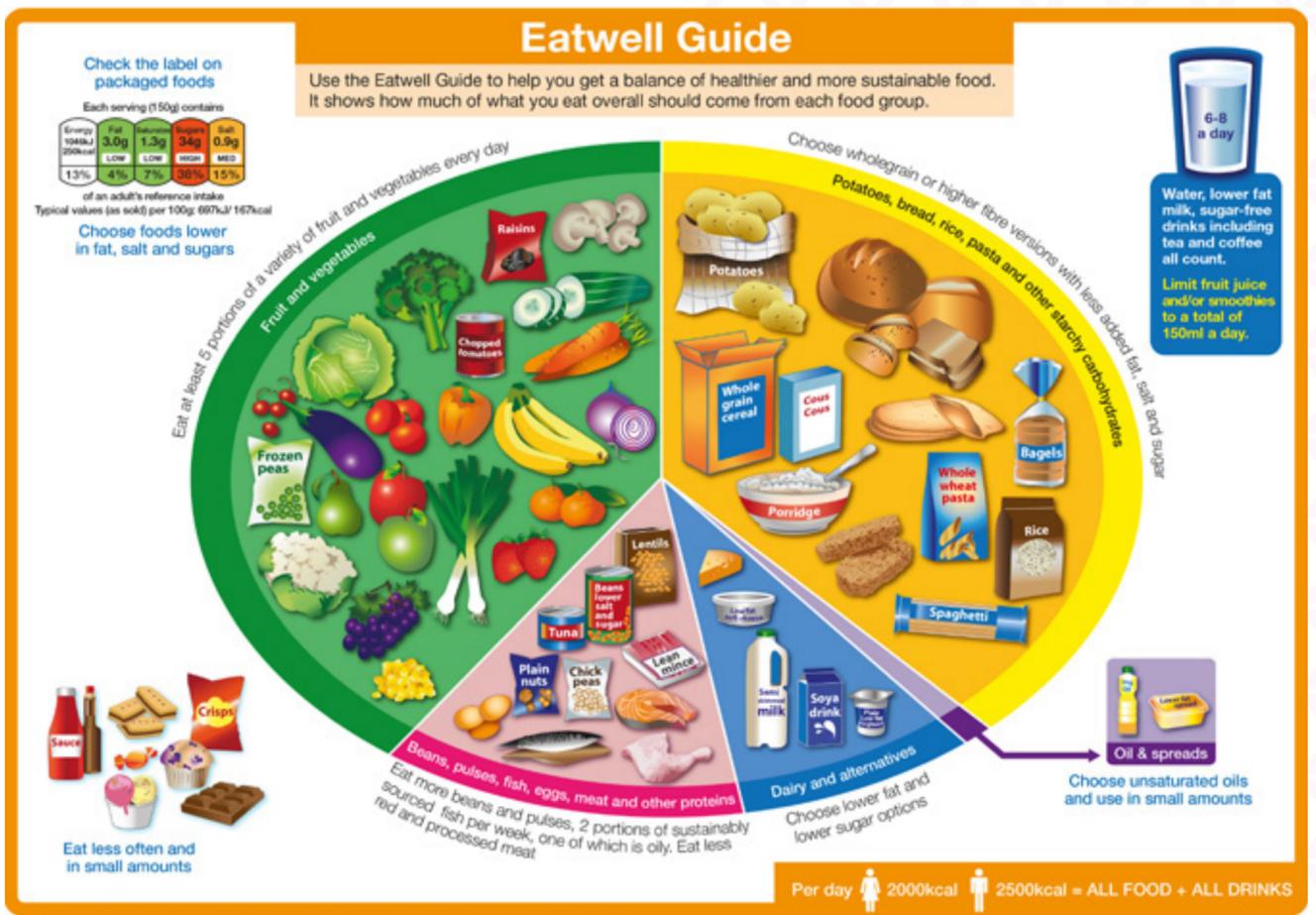


# Does a healthy lifestyle REALLY have to be that expensive? (Part 1)

It is often thought that a healthy lifestyle is expensive however, this is not the case. The purpose of this blog is to help identify opportunities to improve our lifestyle without it costing a fortune.

## How can I eat healthy and affordably?

There are lots of affordable, nutritious and delicious ingredients that we can include as part of a healthy balanced diet. Use the Eatwell guide to ensure you are eating a balanced diet.



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Let's take a closer look at the Eatwell Guide and identify some money saving choices:

### Starchy Carbohydrates

- Oats are cheap and versatile and can be used to make a range of meals such as porridge or smoothies, a crunchy topping for baked dishes or in snack bars to carry on the go.
- When buying bread, rice or pasta switch from branded versions to basic or supermarket own, there is little difference in taste, but they are much cheaper.

### Protein

- Adding vegetarian sources of protein to meals such as beans and lentils is an easy way to bulk out meals and provides one of your 5-a-day.
- Tinned fish, eggs, beans and lentils are great sources of protein that can be bought at low cost, particularly when bought in bulk.

### Fruit and Vegetables

- Choosing in season fruit and vegetables can be much cheaper.
- Using frozen, tinned or dried fruit and vegetables is a great way to reduce food waste and cost.

### Dairy

- If on offer, freeze dairy products such as milk and cheese for later use.
- Natural yoghurt is a versatile low-cost ingredient. Eat it plain or with fruit, as a snack or side dish. Use it to make flavoured yoghurt like raita or tzatziki or add into curries and pasta dishes.

Here are some top tips for affordable eating:

- In the supermarket, look above, behind and below the shelves, you can usually find cheaper items with a longer use by date.
- Register with supermarket reward schemes and use available coupons.
- Plan your meals for the week ahead and create a shopping list. With a list, you are more likely to stick to it and avoid unnecessary purchases.

It is possible to eat a well-balanced diet without costing a fortune and hopefully some of these tips help!

Part 2 of this blog will focus on ideas for affordable exercise and relaxation.

### Author:

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