



# Kinship Link

Volume 17, Issue 11

November 2021

## Eating Right on a Budget

### Pro Kinship for Kids

#### Inside this issue:

- Eating Right on a Budget continued 2
- Eating Right with Less Added Sugars 2

Pro Kinship for Kids  
 Lower level Our Saviors  
 Lutheran Church  
 1400 S. State Street  
 P.O. Box 666  
 New Ulm, MN 56073  
 Phone 359-2445 or  
 1-800-642-5779  
 Website:  
[www.prokinship.org](http://www.prokinship.org)

Newsletter by  
 Kari Beran, Director



Getting the most nutrition for your food budget starts with a little extra planning before you shop. There are many ways to save money on the foods that you eat. Here are some budget-friendly tips for eating right.

#### Cook more, Eat out less

Eating out can be expensive. Many foods can be prepared for less money (and more healthfully) at home. Pre-packaged foods, like frozen dinners and packaged pasta or rice mixes can also add up when you calculate the cost per serving. Find a few simple, healthy recipes your family enjoys and save eating out for special occasions.

#### Plan what you're going to eat

Deciding on meals and snacks before you shop can save both time and money. Review recipes and make a grocery list of what ingredients are needed, then check to see what foods you already have and make a list for what you still need to buy. When shopping with a list you will be less likely to buy things that are not on it.

#### Decide how much to make or buy

Making a large batch by doubling a recipe will save time in the kitchen later on. Extra portions can be used for lunches or meals later in the week, or frozen as leftovers in individual containers for future use. Plus, purchasing ingredients in bulk is often cheaper.

#### Determine where to shop

Check the local newspaper and online or at the store for sales and coupons, especially when it comes to more expensive ingredients, such as meat and seafood. While at the store, compare prices of different brands and different sizes of the same brand to see which has a lower unit price. The unit price is usually located on the shelf directly below the product.

#### Shop for foods that are in season

Fresh fruits and vegetables that are in season are usually easier to get and may be less expensive. Frozen and canned produce are also good options and may be more affordable at certain times of the year. Look for fruit that is canned in 100% juice or water and canned

vegetables that are labeled "low in sodium" or "no salt added".

#### Watch portion sizes

Eating too much of even lower cost foods and beverages can add up to extra dollars and calories. Use smaller plates, bowls, and glasses to help keep portions under control. Fill half your plate with fruits and vegetables and the other half with grains and protein foods such as lean meat, poultry, seafood, or beans. This is an easy way to eat a balanced meal while controlling portion and cost. To complete the meal, add a glass of fat-free or low-fat milk or serving of fat-free yogurt for dessert.

#### Focus on nutritious, low-cost foods

Certain foods tend to be less expensive than others. Make the most of your food dollars by finding recipes that use the following ingredients: beans, peas, and lentils; sweet or white potatoes; eggs; peanut butter; canned salmon, tuna, or crabmeat; grains such as oats, brown rice, barley, or quinoa; and frozen or canned fruits and vegetables.



## Eating Right on a Budget continued

### Make your own healthy snacks

Convenience costs money. Many snacks, even healthy ones, usually cost more when sold individually. Make your own snacks by purchasing large tubs of low-fat yogurt or cottage cheese and dividing them into smaller containers. For trail mix, combine unsalted nuts, dried fruit, and whole grain pretzels or cereal; store small portions in airtight containers. Air-popped popcorn and whole fresh fruits in season also tend to cost less

compared to pre-packaged items.

### Start a garden or visit a Farmers Market

A garden can be a lot of fun, especially for kids. It's also an affordable way to eat more fruits and vegetables. Plants can be started from seed or purchased at a low price. Another way to increase your family's variety of produce is to visit a farmers market. Locally grown fruits and vegetables are often available for less money than at

the grocery store. Check and see where the closest farmers market is in the area.

### Quench your thirst with water

Water from the tap is a low cost way to stay hydrated. Substituting plain water in place of sweetened beverages not only saves you money, but may also help you reduce extra calories from added sugars.



## Eating Right with Less Added Sugars

Sugar is found naturally in some foods and drinks, like fruit and milk, but it is also added to many of them. Sugars added to foods and beverages give them a sweet taste, but offer no nutrition compared to foods and drinks that are naturally sweet. Most Americans get too many calories from added sugars and over time this may affect their weight and health.

Many people think of desserts as the main source of added sugars, but numerous foods and drinks may contain added sugars. For example, sweetened drinks like regular soft drinks, some fruit drinks, and energy drinks are all sources of added sugars. Snack foods, like crackers, and even ready-to-eat foods, like pizza and pasta sauces, can be made with added sugars. Some people may also add sugar to what they eat and drink, like sprinkling sugar over cereal or pouring creamer in coffee.

### *How to Identify Sources of Added Sugars*

The new and improved Nutrition Facts Label can help you identify sources of added sugars. You can also review the ingredients list. The ingredients that appears first are in the largest amount. Be sure to look for foods and drinks that don't have sugar (or some other sweetener) listed as the first ingredient.

Other examples of sweeteners and sources of added sugars include: brown sugar, corn syrup, dextrose, fructose, high-fructose corn syrup, honey, maple syrup, molasses, sucrose, white granulated sugar.

Sources of added sugars often lack nutrients needed for good health, while foods and drinks that contain natural sources of sugar provide nutrients, like vitamins and minerals. For example, fruits like strawberries are a great source of vitamin C, and milk provides vitamins A and D, and calcium.

It's not necessary for individuals over the age of 2 to avoid all sources of added sugars. The problem is that many of us include too many sources of added sugars or eat and drink larger amounts that is recommended. When this happens there is less room for more nutritious foods and drinks.

If you have a taste for something sweet, try eating some fruit first. When you're thirsty reach for milk or water. Other ways to reduce sources of added sugars include: making or buying healthier versions of baked goods; including foods and drinks with added sugars less often; and eating or drinking sweet treats in smaller portions.

### *Tips on How to Reduce Sources of Added Sugars*

- Sweeten low-fat plain yogurt with fresh, frozen, or canned (in its own juice) fruit in place of fruit-flavored yogurt.
- Add cinnamon and dried fruit to plain cooked oats instead of using instant flavored oatmeal.
- Encourage healthier drinks like plain milk and water for young children.
- Substitute 100% fruit juice for fruit punch and other fruit-flavored drinks for older children.
- Switch from sweetened to unsweetened applesauce.
- Drink plain low-fat milk instead of chocolate milk.
- Use jams and jellies with no sugar added.
- Enjoy a homemade smoothie with frozen fruit, low-fat milk, and yogurt in place of ice cream.
- Quench your thirst with water or plain low-fat milk instead of sweetened beverages, like energy, soft, and sports drinks.

Include healthier choices from the MyPlate food groups in place of foods and drinks with added sugars to better meet your nutrient needs and limit added sugars to less than 10 percent of calories per day starting at age 2.