



Eating Healthy on a Budget

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**Weill Cornell
Medicine**

Objectives

- 1. Meal Planning to Save Money
- 2. Shopping Tips to Stretch Your Dollar
- 3. Cooking Healthy on a Budget



The background of the slide is a photograph of four ripe, red tomatoes with green stems, arranged in a diagonal line on a light-colored wooden cutting board. The tomatoes are fresh and have some water droplets on their skin.

3 Eating Healthy Myths

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- **Myth #1: Eating healthy is expensive.**
- **Myth #2: Eating healthy is time consuming.**
- **Myth #3: Eating healthy is too complicated.**

How often do you order takeout?

➤ The average adult purchases a meal/snack from a restaurant **5.8 times per week!**

➤ Why?

- Time
- Convenience
- Cravings

➤ Why does this matter?

- Consuming an extra 100 calories per day for 1 year, without using them up, can lead to weight gain of **10 lbs (!)**

Portion Distortion

What you're served



1/2 lb. cheeseburger, French fries,
3/4 cup ketchup, tomato slice and lettuce.
1,345 calories
53 grams fat

What's one serving



1/4 lb. cheeseburger, half the French fries,
2 tablespoons ketchup, tomato slice and lettuce.
685 calories
33 grams fat

Meal prep basics

- Plan meals the week ahead
- Plan based on what's already in your fridge/pantry
- Identify what you struggle with
 - Prep and fully cook meals
 - Prep and assemble things to be cooked later
 - Focus on prepping items for a specific meal (breakfast/lunch/dinner/snack)
- Schedule what day you'll grocery shop & do the meal prep – **PUT IT IN YOUR CALENDAR!**

Beginner food prep tips

- Start small
- Make a meal plan
 - Use Pinterest, blogs, or meal planning services (i.e. PlateJoy or Gathered Table)
 - Pick a theme for culinary inspiration (i.e. Mexican)
- Use the same ingredient for multiple meals but in different ways
- Multi-task by identifying downtime in recipes
- Cook in bulk; store and freeze

Kitchen gadgets to make food prep easier

- Slow cooker
- High powered blender
- Immersion blender
- Chef's knife
- Food processor
- Lekue steamer case
- Baking sheet



Breakfast ideas

- Overnight oats
- Veggie & egg burrito
- Smoothie bags
- Oatmeal bake
- Tofu veggie scramble
- Mini frittata



Lunch/dinner ideas



- ➔ What should your meal look like:
 - 1 grain/legume/starchy vegetable
 - 1 protein
 - 1-2 non-starchy vegetables



- ➔ **STARCH:** Whole grain; Beans/lentils (cooked from scratch or canned); Baked sweet potatoes
- ➔ **PROTEIN:** Salmon/turkey/black bean burgers; Grilled chicken; Baked tofu; Tempeh bacon; Meatloaf (with added veggies)
- ➔ **VEGETABLES:** Kale salad; Roasted non-starchy vegetables; Zoodles; Cauliflower rice; Mason jar salads
- ➔ **ONE-POT MEALS:** Veggie/turkey chili; Slow cooker stew



Snack ideas

- Homemade trail mix
- Cut veggies & hummus
- Cooked edamame
- No-bake energy bites
- Homemade popcorn
- Hard boiled eggs
- Roasted chickpeas
- ½ PB&J sandwich on whole grain bread
- Chia seed pudding



Shopping tips to stretch your dollar

- Make a shopping list and stick to it!
 - *The average shopper spends 40% more on impulse purchases when shopping without a list!*
 - Organize your list based on store layout
- Don't shop hungry
- Compare unit prices
- Don't be a brand snob
- Buy in bulk when you can
- Eat with the seasons
- Shop where the deals are (Trader Joe's, Costco, Thrive Market)



Beware of front-of-packaging labeling

- “Natural”
- “No sugar added”
- “Zero trans fat”
- “Fat free” and “Reduced fat”
- “Light”
- “Gluten free”, “organic”, and other buzz words



Be in the know

➔ Read the Nutrition Facts panel!



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Cooking healthy on a budget

- Keep your pantry well-stocked
- Invest in several good quality ingredients
- Be aware of your hang-ups in the kitchen
- Use fresh herbs & spices
- Waste not
- Choose cheaper, less tender cuts of meat & marinate and slow cook (chuck, round, flank, brisket)
- ...or better yet, go meatless!

Frugal foods to keep on hand

- Eggs
- Potatoes
- Oats
- Bananas
- Greek yogurt
- Beans
- Peanut butter
- Canned tuna
- Frozen veggies



\$3.99



\$3.38

Join a CSA

- CSA = Community Supported Agriculture
- <http://justfood.org>
- Costs ~\$23/week
- Various types of memberships



How are you spending your money on food?

- Breakfast?
- Lunch?
- Dinner?
- Snacks?
- Coffee?
 - Cutting out that \$4 coffee from Starbucks will save you ~\$100 month!



Changing your eating environment

➔ *Slim by Design* by Dr. Brian Wansink

- 1. Salad and vegetables are served first before the entrée and starches are brought to the table.
- 2. The main dish is pre-plated and served from the stove or counter.
- 3. Your dinner plates are 9–10 inches wide.
- 4. You eat sitting at a table with the TV turned off.
- 5. There are two or fewer cans of soft drinks in your refrigerator at any one time.
- 6. Your kitchen counters are organized (not messy).
- 7. Precut fruits and veggies are now on your middle refrigerator shelf.
- 8. At least 6 single servings of protein are in your fridge—eggs, yogurt, string cheese, tofu, etc.
- 9. Your snacks are kept in one inconveniently placed cupboard.
- 10. The only food on your kitchen counter is a fruit bowl.

Food for thought...

Healthy Eating
Saves You Money
In The Long Run



Integrative Health and Wellbeing

➤ What we offer:

- Integrative Medicine consultation
- Nutrition counseling
- Acupuncture
- Massage therapy
- Mind-body instruction
- Pilates instruction

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Questions?



Feel free to reach out!

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