

# MAINE



## SNAP-Ed

Healthy Eating on a Budget

# EAT

- Buy regular brown rice and old-fashioned oats and grits instead of instant varieties to save money and consume less sugar, salt, and calories.
- When choosing canned vegetables, look for “low sodium” or “no added salt” on the label.
- Make half your grains whole grains. Throughout the store, check ingredient lists and pick the items that have a whole grain listed first. Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Choose lean meats like chicken or turkey. When choosing ground beef, make sure it’s lean (92% lean 8% fat) ground beef.
- Choose low- fat or fat-free milk. These options have just as much calcium, but fewer calories than whole and 2% milk.
- When it comes to cheese, look for “reduced fat,” or “low-fat” on the label.
- Drink water instead of buying sodas or other sugary drinks. Tap water is easy on your wallet and has zero calories. A reusable water bottle is a great way to have water with you on the go.
- Save time, money and calories by skipping the chip and cookie aisles.
- Choose the checkout lane without the candy, especially if you have kids with you.



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