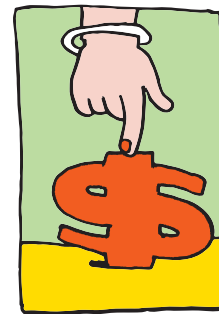


HEALTHY EATING & SAVING MONEY



Whether or not you have diabetes, buying healthy foods one can afford can be difficult at times. Here are 10 shopping tips that can help you eat well and also save money:

1. Plan your meals before you shop.
2. Make a list of the foods you'll buy, and stick to your list.
3. Shop at super or club stores, like BJ's, Costco, and Walgreens.
4. Buy store brands whenever you can.



5. Use the Nutrition Facts label to compare similar healthy foods and buy the one with the best price.
6. Buy healthy sale items in large sizes.
7. Plain (no sauces or flavorings) frozen vegetables and fruits are often cheaper than fresh and just as healthy.



8. Buy foods in season, when prices are the lowest.
9. Limit (avoid) buying processed and fat- or sugar-free foods. They often cost more and are less healthy.
10. Use coupons and reward cards when you check out.



Nutrition Facts	
Serving Size: 1/2 cup (40g)	
Servings Per Container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 7
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	2%
Trans Fat 0g	0%