

Diabetes Care and Education

a dietetic practice group of the
American Dietetic
Association



Healthy Eating on a Lean Budget: Top Ten Saving \$strategies for People with Diabetes

Limit impulse purchases. Go to the store with a shopping list – and stick to it!

Buy in season. Blueberries are a cheap treat in the summer but practically an investment once it's fall. Consider growing some of your own produce as well.

Use coupons. Sign up for your supermarket's shopper discount card too.

Purchase sale items in bulk. Use the same main ingredient and dress it up differently. Turn ground beef into chili, burritos and a topping for baked potatoes. Plus, freeze some beef for the weeks to come.

Buy generic. Follow this rule except when you know a certain brand is of higher quality. A major national brand of sliced Swiss cheese recently sold for \$4.49 per half pound versus \$3.49 for the store brand.

Think whole foods. The more processed foods you buy, the higher the price. Even a banana in pricey New York City only costs a quarter whereas a small candy bar costs at least 75 cents.

Do it from scratch. You pay more for convenience. Grate your own cheese and shred your own lettuce.

Shift those portion sizes. Use pricey meats as an accent, not the main event. For instance, skip the pork chops and cook up a pork stir-fry.

Load up on beans. Meat is expensive. A pound of 85% lean ground beef costs \$3.29. A 1 pound can of black beans? A mere 50 cents!

Shop at wholesale food stores. Some examples include Sam's Club or Wal-Mart Superstores. Make sure you know prices, though, to guarantee a savings.

From: *Diabetes Meals on \$7 a Day – or Less!* (used with permission.)

Patti Geil, MS, RD, CDE and Tami Ross, RD, CDE

American Diabetes Association, 2007 (2nd Edition)