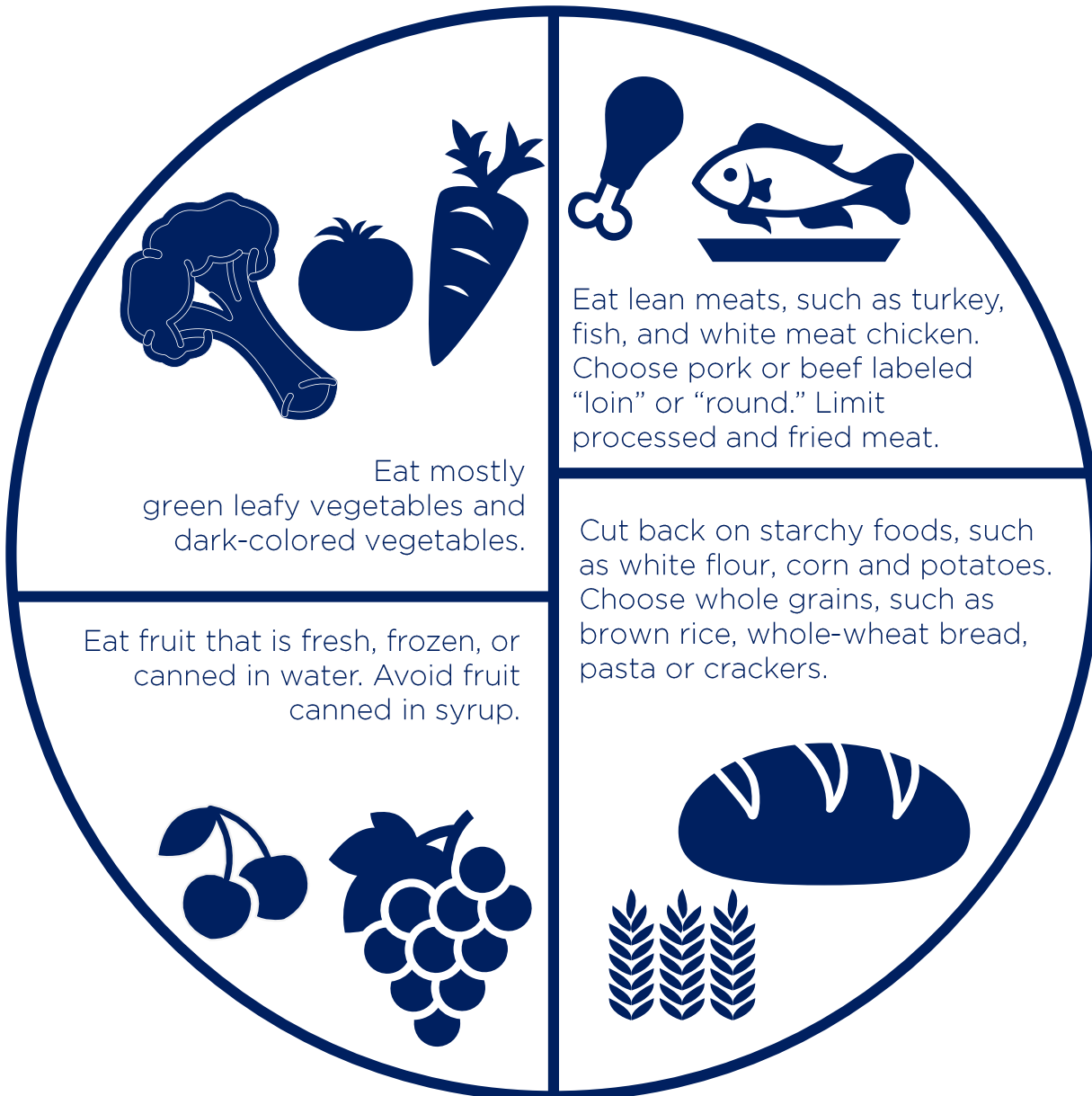


# Eating Healthy

A healthy diet is key to improving your overall wellness. Following these tips can help you eat a healthy diet.



Drink mostly water



Avoid foods and drinks with sugar



Avoid drinking too much alcohol

To learn more about eating healthy:

- Talk to your doctor
- Visit [www.uaex.edu/health-living/food-nutrition](http://www.uaex.edu/health-living/food-nutrition)
- Call 501-671-2000

# Eating Healthy on Budget

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Healthy foods can be expensive. There are many ways you can save and still eat healthy. Follow these steps to stay within budget when shopping for healthy items.



**Plan your meals ahead of time.** Plan to buy healthy foods your body and brain need. You can save money by buying what is on sale. Look at your grocery store's weekly flyer to find out what is on sale.



**Compare prices of fresh and frozen fruits and vegetables.** Frozen fruits and vegetables have just as much nutrition as fresh fruits and vegetables. Frozen fruits and vegetables may cost less.



**Check the bulk section of your store.** Sometimes, you can get a better price on things like nuts and oats if you buy a lot of them. Your grocery store may have a special bulk section.



**Look for sales.** Check your store's weekly ad, website, or app to see what's on sale this week.



**Use coupons.** You can often find coupons in the newspaper, and many stores also have online coupons or apps that let you download coupons.



**Stick to your list.** This will help you leave the store with the healthy items you planned while sticking to your budget.



**Research and apply for benefits programs.** You or your family members may be eligible for one of these programs to help with the cost of food:

- Supplemental Nutrition Assistance Program:
  - Visit <https://www.access.arkansas.gov/Intro.aspx>,
  - Call 1-800-482-8988
  - Go to your local Department of Human Services office
- Women, Infants, and Children (WIC): For pregnant, breastfeeding, or postpartum women or children up to age 5.
  - Call 1-800-462-0599 to make an appointment
  - Go to your local Department of Health office