

Helping Hands Birth Services

www.helpinghandsboise.com

HOW TO EAT CLEAN ON A BUDGET



BUY LOCAL AND IN SEASON

Purchasing local produce, dairy, and meat can often cost less than the grocery store. Look for fruits and vegetables that are in season. Here's a good list (<https://snaped.fns.usda.gov/seasonal-produce-guide>)



PLAN AHEAD

When you plan ahead and take a list with you when you are shopping you only purchase what you need. This can save you money, time, and sanity.



SAY NO TO PROCESSED FOODS

Not only are processed foods bad for your health but they are also bad for your wallet. Making food from scratch is much less expensive.



JOIN A CSA OR CO-OP

We have several Community Supported Agriculture farms around town. If a CSA is out of your budget then you may consider a CO-OP (<http://www.bountifulbaskets.org/> (they even offer organic baskets))

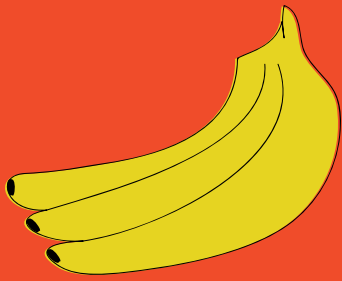


BUY FROM THE BULK BINS

Several of our local grocery stores sell high quality food at a low price in their bulk section. You can find whole grain products, legumes, nuts, seeds, nut butter, and much more.

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VEGETABLES AND FRUIT

- They are packed with vitamins, minerals, antioxidants, and fiber and naturally make you fill full.
- 5-7 servings a day
- add berries to cereal for breakfast
- add vegetables to smoothies and sauces
- Reach for fruit to take care of that sweet tooth



WATER

Water helps flush our systems of waste products and toxins, making you feel less sluggish. Sometimes thirst is mistaken for hunger, so stay hydrated! 8 glasses or more a day.



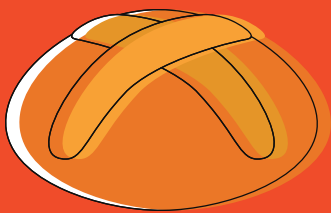
PROTEIN

- High quality protein provides your energy - it is important to get at least 60 grams a day.
- Fish, poultry, eggs, nuts, seeds, dairy products and legumes are great sources.
- Beware of added sugar in dairy products



FATS

- Not all fats are bad! Good fats can protect your brain and heart.
- Olives, olive oil, avocados, walnuts, and fatty fish are good sources.
- Beware of trans fats and saturated fats



WHOLE GRAINS

- They aid in digestion and boost your metabolism.
- Whole grain breads, rice, and pasta
- Try sprouting grains to unlock the nutrients



SWEETS

- Limit your intake of sweets
- To curb your sweet tooth try a piece of fruit
- Add honey, maple syrup, or dates to a smoothie
- There are many great recipes for sweet treats made from dates available online.

Fallon, S., & Enig, M. G. (2001). Nourishing traditions: The cookbook that challenges politically correct nutrition and the diet dictocrats. Washington, DC: New Trends Publishing, Inc.

Schmid, R. F. (1997). Traditional foods are your best medicine: Improving health and longevity with native nutrition. Rochester, VT: Healing Arts Press