

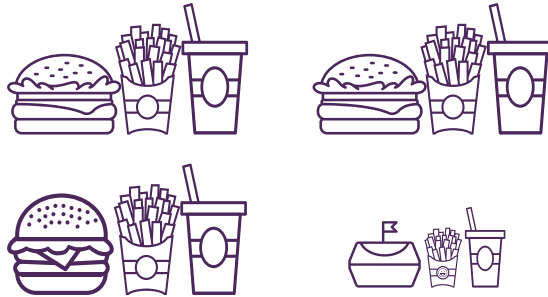
# Heart healthy eating on a budget

## Does eating healthy always cost more?

**No.** Eating healthy may take more planning, but it doesn't have to cost more. In fact, you can make a whole family dinner for about half the cost of a fast food meal:

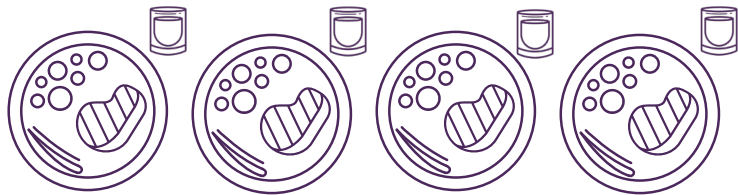
**At McDonald's**, the cost of a fast food dinner for a family of 4: **\$19.86**

- 2 Fish Value Meals with a sweet tea for \$5.79 each
- 1 Cheeseburger Value Meal with a sweet tea for \$4.29
- 1 Happy Meal of chicken nuggets, apple slices, fries, and milk for \$3.99



**At the grocery store**, the cost of a heart healthy dinner for a family of 4: **\$11.62**

- 1 lb of chicken breasts for \$2.17
- 1½ lbs of broccoli for \$4.50
- 5 lbs of potatoes for \$3.45
- Half gallon of milk for \$1.50



## How can I keep food costs down?

1

### Check sales at your local stores and buy extra when it's cheap

- Check weekly store ads
- Visit online sale-finding websites, such as [www.mygrocerydeals.com](http://www.mygrocerydeals.com)
- Cut coupons for food you plan to buy from ads in the mail or a website, such as [www.coupons.com](http://www.coupons.com)

2

### Buy food in bulk and prepare meals for the week ahead

It's usually cheaper to buy items in bulk. And you'll have healthy food on hand when you're tired or busy – so it's easier to stay on track.



Think about what healthy foods you could buy in bulk that would stay good over time, such as frozen fruits and vegetables or low-sodium packaged and canned foods. Use the space below to make a list:

_____	_____	_____
_____	_____	_____
_____	_____	_____

## Finding your way through fast food

Of course, it's best not to eat fast food. But, when you're in a hurry or on the road and there are no healthier options, you can help your heart by making smarter choices for breakfast, lunch, and dinner at common fast food chains. For example:

Instead of...	Choose a healthier option...
<b>McDonald's Sausage Biscuit</b> Calories: 460      Cholesterol: 40mg Saturated Fat: 13g      Sodium (salt): 1,050mg Trans Fat: 0g	<b>McDonald's Sausage Burrito</b> Calories: 300      Cholesterol: 165mg Saturated Fat: 6g      Sodium (salt): 780mg Trans Fat: 0g
<b>Burger King Whopper</b> Calories: 630      Cholesterol: 85mg Saturated Fat: 11g      Sodium (salt): 810mg Trans Fat: 1.5g	<b>Burger King Grilled Chicken Sandwich, no mayo</b> Calories: 320      Cholesterol: 90mg Saturated Fat: 1g      Sodium (salt): 610mg Trans Fat: 0g
<b>Dairy Queen Frosted Fudge Brownie Treat</b> Calories: 1,060      Cholesterol: 90mg Saturated Fat: 31g      Sodium (salt): 510mg Trans Fat: 1g	<b>Dairy Queen Ice Cream Sandwich</b> Calories: 190      Cholesterol: 10mg Saturated Fat: 3g      Sodium (salt): 135mg Trans Fat: 0g



Write down your budget and heart-friendly diet goals below:

## Learn more

Visit these websites for delicious heart-healthy recipes:



American Heart Association:  
<https://recipes.heart.org>



American Diabetes Association:  
[www.diabetes.org/mfa-recipes/meal-plans/](http://www.diabetes.org/mfa-recipes/meal-plans/)