Ten ways to eat healthy on a budget

Eating well and saving more can be easier when you know when to shop and where to look.

Looking for ways to get more from your food budget? Eating healthy doesn't have to break the bank. These tips can help you shop smarter to get the most nutritious foods at a better price.

- **Stick to your list** — Taking inventory of the items you need before you shop and not deviating from your list can keep you from overbuying and overspending. Many grocery stores now offer online shopping which can be a great way to avoid impulse buying as you wander the aisles.

- **Clip coupons** — Search for savings on your favorite healthy products by entering "(Product Name) Coupons" online or by checking published weekly specials at your local market. Many brands also offer coupons if you sign up for their email list.

- **Look high and low** — Many stores stock pricier items at eye level. It pays to look for items on upper and lower shelves to find better deals, especially on store brands.

- **Shop locally grown** — Buying produce from your local farmers market can help you get the freshest, in-season items for less. Stock up during peak seasons and freeze your foods.

- **Buy in bulk** — Beans, cereals, grains, dried fruits, seeds, nuts in bulk can provide more servings at a lower cost. Check local discount warehouses or online markets for bulk deals.

- **Choose frozen vegetables** — Because they're harvested and frozen at their peak freshness, their nutrients are similar to fresh and they last longer.

- **Go meatless** — Replace meat a few times each week with lower cost, high nutrition proteins like eggs, lentils, black beans, kidney beans or quinoa.

- **Save on seafood** — Instead of fresh fish, buy canned tuna, salmon or sardines that are just as healthy and less expensive.

- **Can the cola** — Drink more water instead. Sodas, sports drinks and juices are high-cost, high-calorie items. A pitcher that filters tap water can cut down on beverage costs and provide gallons of drinking water with zero calories.

- **Plan meals** — Spend some time at the beginning of each week to meal plan. This can help you avoid takeout and also help you build a grocery list. Remember to include plans for lunch!

What can you eat for a dollar these days?

How about some of the tastiest, most nutrient-rich foods that can help you stay healthy. We're talking about bananas, eggs, oranges, cabbage, beans, tuna, rice — all for less than $1 per serving.

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