

TOP MONEY SAVING TIPS FOR A HEALTHY DIET

3 MONEY-SAVING TIPS BEFORE YOU GO SHOPPING:

MAKE A LIST: It's easy to buy more than you need if you don't have a list in front of you. If it's not on the list, you don't need to buy it.

CHECK FOR LEFTOVERS: Plan your week's meals around what you already have in your kitchen. See if you have some tinned food, bottled sauces or pasta in the cupboard that you could make a meal with. A little bit of creativity can save you a lot of money.

PLAN YOUR WEEKLY MEAL: Write a list of your meals for the week and only plan to buy what you need. Organising your meals in advance can also make you less likely to buy takeaway, which is often more expensive than a homecooked meal.

3 MONEY-SAVING TIPS WHEN SHOPPING:

BUY IN SEASON Buying fruits and vegetables in season is not only cheaper, but often fresher and tastier. Buying fruits and vegetables in different stages of ripeness will help prevent your fresh food from spoiling. For example, if you buy a bunch of bananas, try and have some that are a little green so they will be good to eat by the end of the week.

LOOK IN THE FREEZER The freezer section is a good place to look if you want healthy food options that will last. For instance, frozen fruit, seafood and vegetables are a great asset to any healthy cook.

DON'T PAY EXTRA FOR PACKAGING AND PROCESSING Foods that require lots of processing and packaging are often more expensive. Try choosing foods such as dried fruits, nuts and yoghurt in bulk rather than paying extra for the individual packaging.

TOP MONEY-SAVING STAPLES EVERY PERSON SHOULD HAVE IN THEIR KITCHEN:

TINS: Tomatoes, chickpeas, legumes, corn, baked beans, tuna, salmon

FREEZER FOODS: Berries, bread, meat, seafood, leftover dinners

CHEAPER SNACKS: Whole fruit, raw nuts, wholegrain crackers and reduced-fat cheese

UNPROCESSED MEATS: Buy in bulk and wrap in individual portions in the freezer

RE-USEABLE CONTAINERS: Buy foods such as cereals, nuts and yoghurt in bulk and place in portion-controlled packages.

Eat better, feel better, see an APD!

Make this year the one you commit to achieving and maintaining a healthy weight. Get involved with Australia's Healthy Weight Week and see an Accredited Practising Dietitian (APD) for help with healthy eating. APDs provide science-based food and nutrition advice tailored to your individual needs. Free call 1800 812 942 or visit 'Find an APD' at <http://www.daa.asn.au> to contact your local APD.

