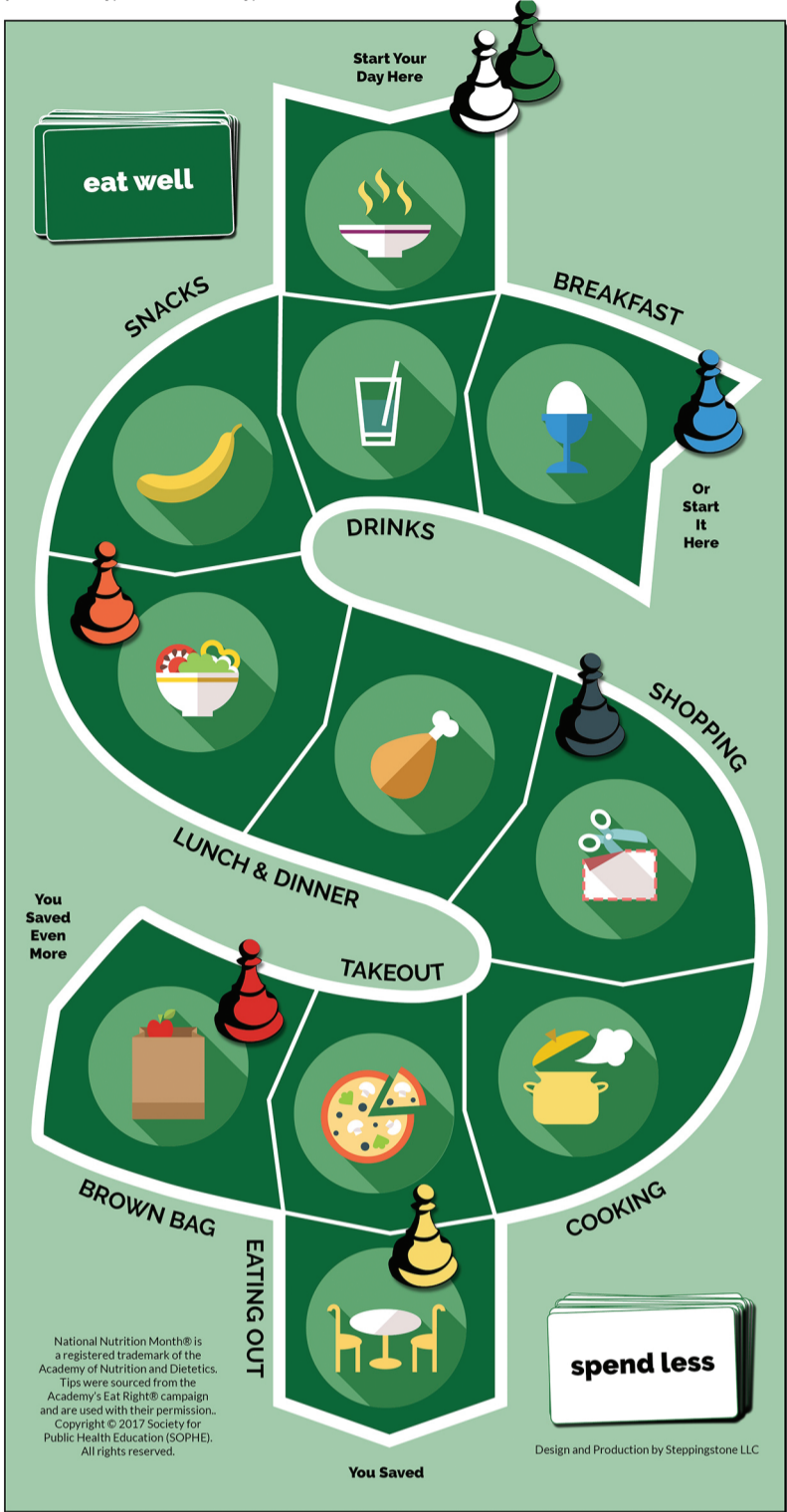


# eat well. spend less.

National Nutrition Month®

(NAPS)—You can join the effort to prevent and control disease at [www.partneringforhealth.org](http://www.partneringforhealth.org).



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Instant oatmeal with low-fat milk (for extra calcium) makes for a quick and inexpensive breakfast.

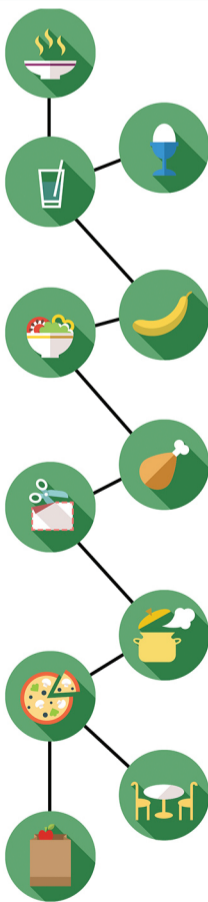
Drink at least 8 glasses of water each day before consuming any other beverages.

Reduce the amount of salt in your diet by avoiding processed foods. Replace them with a side salad and a serving of fruits or vegetables.

Plan your meals to take advantage of reduced prices. Shop for in-season, naturally preserved, or frozen fruits and vegetables. Avoid overbuying perishable foods.

If you crave takeout pizza, cut the calories by getting a thin crust. Lower the fat with vegetable toppings like tomatoes, peppers, mushrooms, olives, and spinach.

Cut costs and calories by bringing a healthy meal or snack with you when you are away from home, instead of eating out.



Hard-boiled eggs are an excellent grab-and-go breakfast that is high in protein and antioxidants. Discard the yolk if you need to lower your cholesterol intake.

Bananas, carrots, whole-grain cereals, and in-shell peanuts are tasty, nutritious, and inexpensive snacks.

Protein is the most expensive portion of a meal. Limit servings of meats, fish, and poultry to 5 oz. or eat low cost alternatives like beans.

Foods purchased in larger quantities are cheaper, so double or triple your recipes. Save extra portions for lunches or freeze them for future meals.

When dining out, order a small plate or children's menu item, share an entree, or bring home half of your meal.

Join the nationwide effort to prevent and control chronic diseases  
**#Partnering4Health**

Learn more at [Partnering4Health.org](http://Partnering4Health.org)



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**You can eat well and spend less all year long.**