

Budget friendly healthy eating

Eating healthy while trying to stick to a budget can be challenging. Here are some healthy foods options in each of the 5 food groups that won't break your food budget!

Vegetables:

Vegetables are low in energy, yet rich in fibre, vitamins and minerals. Starchy vegetables, such as corn and sweet potato, are a great slow releasing carbohydrate source.




\$0.35/piece

Fresh seasonal



\$2.20/1kg

Frozen



\$0.80/420g tin

Tinned

Fruit:

Fruits are an excellent source of carbohydrates. They are also rich in fibre, vitamins, and minerals.



\$0.47+ / piece

Fresh seasonal




\$1.65/tin (425g)

Tinned (in juice)

Dairy:

The best choices of dairy for anyone over the age of 2 is reduced or low fat. It is an excellent source of calcium, which is essential for bone health. Dairy is also a great source of protein, with milk and yoghurt also being a source of carbohydrates as well.



\$0.45/100g

Low fat, no added sugar yoghurt



\$0.36/1 slice

Reduced-fat cheese



\$1.35/Litre

Skim milk

Grains (cereals):

Wholegrain and/or high fibre variety are preferred. They are an excellent carbohydrate source. Grains are essential for energy, bowel health and for diabetes management.



\$2.20/loaf

Multigrain bread



\$1.40/750g

Rolled oats



\$0.80/500g

Pasta



\$3.75/1kg

Basmati rice

Protein:

Protein keeps us full. It also assists with building and maintaining our muscles. Lentils and legumes are also an excellent carbohydrate source.



\$0.37/egg

Eggs



\$0.90/tin (95g)

Tinned fish



\$1.25/serve

Texture vegetable protein*



\$0.80/tin

Lentils and legumes

*Find in the health food section

Eating on less than \$10 a day:

Breakfast:

1/3 cup of rolled oats with 1 cup of skim milk and 1x banana (\$1.17)

Lunch:

2 slices of multigrain bread with 2x eggs, lettuce and tomato (\$2.72)

Dinner:

1 cup of pasta with 1x tin of fish, 1.5 cups of frozen vegetables and 25g of reduced-fat cheese (\$2.16)

Snacks:

- 1x fresh seasonal fruit (\$0.47)
- 1 glass of skim milk (\$0.34)
- 1 slice of multigrain bread with 1 slice of reduced-fat cheese and 1/2 tomato (\$0.75)

**Prices are from Woolworths online January 2023. Note prices may vary.

Go to www.nomoneynotime.com.au for healthier, money saving recipes developed from the University of Newcastle.

Visit www.westernsydneydiabetes.com.au to learn more about **Western Sydney Diabetes**.