

parent tips

Compare and Save: Eat Healthy, Spend Less

You and your family *can* eat healthy and spend less. Here are some examples of how healthy meals and snacks can save you calories and money.



Snack

A typical snack *might* look like this:

| | Food Item | Cost | Number of Calories |
|--|------------------------------------|---------------------|----------------------|
| | Snack-size bag of chips (3 ounces) | \$0.99 | 465 calories |
| | Regular soda (20 ounces) | \$1.25 | 250 calories |
| | | Total cost = \$2.24 | Total calories = 715 |

A healthy snack *might* look like this:





| | Food Item | Cost | Number of Calories |
|--|-----------------------------|---------------------|----------------------|
| | 1 low-fat yogurt (6 ounces) | \$0.50 | 140 calories |
| | Glass of water | free | 0 calories |
| | | Total cost = \$0.50 | Total calories = 140 |

Eating a healthy snack just once a week could save you more than \$90 and almost 30,000 calories in a year.

(Note: Costs where you live might be slightly more or less than these examples.)




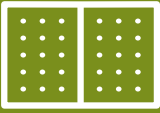
Lunch

A fast food lunch *might* look like this:

| | Food Item | Cost | Number of Calories |
|---|---|----------------------------|------------------------|
|  | Combo meal with: Quarter pound cheeseburger | \$5.59 | 510 calories |
|  | Large fries | Extra charge \$0.70 | 380 calories |
|  | Medium soda (32 ounces) | Included in combo price | 210 calories |
|  | 1 chocolate chip cookie | \$1.00 | 160 calories |
| | | Total cost = \$7.29 | Total calories = 1,260 |

Eating a lunch from home just 1 day each week could save you more than \$270 and 48,000 calories in a year.

A lunch from home *might* look like this:

| | Food Item | Cost | Number of Calories |
|---|---|---------------------|----------------------|
|  | Turkey sandwich on whole-wheat bread with mustard, lettuce, and tomato | \$1.09 | 200 calories |
|  | Water | free | 0 calories |
|  | Medium apple | \$0.65 | 70 calories |
|  | 1 large graham cracker square | \$0.28 | 59 calories |
| | | Total cost = \$2.02 | Total calories = 329 |

If you eat a healthy lunch and snack from home every day for a year, you could save more than \$2,500 and almost 548,000 calories!

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to <http://wecan.nhlbi.nih.gov> or call 1-866-35-WECAN.

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