MAKE IT FROM SCRATCH
Many of the prepackaged, boxed, canned, and frozen foods you buy from the store are high in fat, calories, sodium, sugar, and cost, compared to foods prepared at home. They may also be comparatively lower in vitamins and minerals. You pay for the fancy packaging and convenience of these items, but you get much less for your money.

HAVE A GAME PLAN FOR SHOPPING
Your game plan should include what you’re going to buy and where you’re going to buy it. Here are some tips on developing a shopping plan: Plan meals and snacks several days in advance. Then write out a shopping list, and stick to it. Compare prices among grocery stores. Don’t shop at convenience stores. Go to stores that sell generic foods, store brand foods, and foods in bulk. Use coupons with caution. They are often for foods that are more expensive. Don’t buy junk food, or something you normally wouldn’t buy, just because you have a coupon. Never shop on an empty stomach. Look for sales on items that are on your list. Make sure the food you buy is fresh. Food on sale is sometimes starting to get old. Always check the dates on perishable food such as milk and meat, because you want it to be safe.

CHECK THE UNIT PRICES OF ITEMS
The unit price calculates the cost of a product per unit. For example, a unit could be by the ounce, pound, or number of items in a package. Unit prices are usually marked on the shelf below the product.

EAT AT HOME
Eating out can be expensive and the food is often high in fat, salt, and sugar.

BE PREPARED
If you’re going to be out running errands or shopping with your family, bring some healthy snacks and drinks with you. That way, if hunger hits, you won’t be tempted to stop at a fast food restaurant or buy snacks from a vending machine — something that can hurt your wallet and your waistline.
Tips for portion control:

😊 Use your own hand to help estimate a healthful serving size.

😊 Become familiar with what a single serving actually looks like. Consider measuring a 1-ounce serving of cheese, or 3 ounces of meat or 1 cup of cereal. Put these amounts onto your plate or bowl. Remember how the serving looks on your plate or in your bowl.

😊 At home, rather than serving family-style, serve a single serving on each plate before sitting down.

😊 Pour snack foods into a small bowl. Do not eat from the entire package of food.

😊 At a restaurant, order one entrée to be shared with two people. Do the same with dessert. Place leftovers in a take-home container and enjoy the food the following day.

😊 Be aware that often what a restaurant serves as a single helping is actually two or three servings.

😊 Make it a habit to read the Nutrition Facts Label. Often, what is considered a "single-serve" snack or drink is two or more servings.

Healthy Recipes

Apples with Cinnamon Pudding

Serves 8

Ingredients:
1 large egg
1 1/2 tablespoons cornstarch
pinch of salt
1/2 teaspoon vanilla extract
1 1/2 tablespoons butter
1/2 cup dark brown sugar
1 teaspoon freshly ground cinnamon
1 cup low-fat milk
granulated sugar (optional)
8 tart apples (Granny Smith or other variety)

Cooking Instructions:
1. In a 1 or 2-quart stainless-steel saucepan, whisk the egg, cornstarch, salt and vanilla together for 2 minutes. Set aside.

2. Melt the butter in another saucepan. Stir in the brown sugar and cinnamon. Cook over low heat until the butter and sugar blend together. Add the milk and heat until the sugar dissolves. (The sugar will get hard when the milk is added; it will melt again as the milk heats.)

3. Whisk a few tablespoons of the hot milk mixture into the egg mixture.

4. Gradually whisk in the rest of the milk mixture.

5. Over medium heat, whisk the combined mixture constantly until it comes to a boil. Immediately remove from the heat.

6. Pour into a bowl. (If you don’t want a skin to form on the top of the pudding, sprinkle it lightly with granulated sugar.) Refrigerate. Cover with plastic wrap when cool.

7. Place 1 sliced apple into each of 8 serving bowls. Top with a few tablespoons of pudding.

Serving Size: 1 apple and 3 tablespoons of pudding
Calories 164, Fat 3g, Protein 2g, Sodium 59 mg, Carbohydrate 34 g, Fiber 3g, Saturated Fat 2g
Grilled Eggplant Sandwich

Serves 4

**Ingredients**
For the eggplant:
- 4 teaspoons olive oil
- 1 clove garlic, finely chopped
- 1 1/2 teaspoons chopped, fresh basil
- salt to taste
- freshly ground black pepper
- 2 small eggplants

For the sandwiches:
- 1/2 cup cream cheese, low-fat whipped, or goat cheese
- 4 pieces of focaccia or other good quality bread, sliced in half, lengthwise
- 2/3 cup spinach, washed and dried
- 4 slices of tomato

**Cooking Instructions**
For the eggplant:
1. Preheat the grill.

2. Mix the olive oil, garlic, salt, pepper and 1/2 teaspoon of the basil together. Slice the eggplants lengthwise into 1/2” slices. Brush the slices on both sides with the olive oil mixture.

3. Grill the eggplant slices until they become soft in the center, about 2 to 3 minutes on each side.

For the sandwiches:
4. Mix the cheese, the remaining teaspoon of basil, salt and pepper together. Set aside.

5. Spread 4 halves of bread with the cheese mixture, then top with the spinach, a slice of tomato and a few slices of eggplant. Place the other half of the bread on top.

Serving Size: 1 sandwich
Calories 264, Fat 10g, Protein 7g, Sodium 357 mg, Carbohydrate 39g, Fiber 5g, Saturated Fat 3g
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