



LIVING BEYOND
BREAST CANCER®

PHYSICAL CONCERNS



Shop healthy and cheap

PLAN AHEAD

Plan meals you want to make and what you need for them before going to the store. Make a list. This can help you eat healthier and save money. Keep to the list and don't get drawn in by items you don't need like sugary drinks and snacks.

BUY FOODS THAT WILL KEEP

Fresh foods are ideal, but you have to use them or freeze them before they spoil. Buying canned fruits or frozen vegetables can be a cheaper option that is still healthy — if you pay attention. Read the label on canned fruit to see if there are added sugars. It's healthier if they are canned in their own juices. Frozen vegetables are healthier with no sauces or glazes, so aim to buy bags of plain vegetables and season them at home.

STAY AWAY FROM UNHEALTHY SNACKS

Snacks can drive up your grocery bill leaving less money for healthy food. Plan your snacks like you plan your meals. Decide what you need and put it on your list. Don't buy snacks because they are on sale or just to have around the house.

SIMPLE CHANGES

- Rice and pasta are cheap grains that can be used with a variety of meals
- Eggs, beans and peas are good sources of protein that can be less expensive than meat
- Look for other ways to replace one item you would normally buy with a healthier version of the same food
- Use cuts of meat or ground beef that are at least 90% lean
- When buying canned vegetables or soups, choose the low sodium (less salt) option
- Many common grain products can be purchased as whole grains: brown rice, whole grain bread, even pasta comes in whole grain

Information adapted from LBBC.ORG

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