

SAVE COSTS WITH QUALITY IN MIND

Poor diet quality is linked to greater risk of weight gain, obesity, and disease development.

Check out the tips below for improving your diet quality without breaking the bank!

WHEN BUYING GROCERIES...

- Buy produce in-season
- Opt for frozen veggies for out-of-season vegetables, which have the same nutritional benefits (sometimes more!) and are less expensive
- Buy grains and beans in bulk
- Aim for a few meatless meals each week
- Cut back on waste by planning meals ahead of time and shopping from a list—only buy what you need for meals that week
- Skip the snack-size bags of your favorite trail mix or nuts—buying a large bag gives you more value, and you can create your own pre-portioned snack-size bags using sandwich bags or reusable containers



IS ORGANIC BETTER?

“Organic” refers to the way foods are grown and processed. Government standards must be upheld when using this label. There is limited evidence to support that organic foods are healthier; however, there are other factors that may influence your decision to eat organically.

- Foods are grown without synthetic fertilizers, pesticides, fungicides, or herbicides
- Animals are raised without antibiotics, hormones, or other drugs
- Avoids fisheries that are being overfished or harvested using environmentally harmful methods

WHEN IT PAYS TO GO ORGANIC

DIRTY DOZEN

Contain the highest pesticide residue when grown conventionally

SPURGE HERE

Apples	Celery
Strawberries	Peaches
Spinach	Nectarines
Grapes	Bell Peppers
Potatoes	Blueberries
Lettuce	Kale/Collards

CLEAN FIFTEEN

Carry the fewest chemicals (typically due to having a skin or peel)

SAVE HERE

Onions	Corn	Pineapple
Avocado	Asparagus	Sweet peas
Mangoes	Eggplant	Cantaloupe
Kiwi	Cabbage	Watermelon
Sweet potatoes	Grapefruit	Mushrooms