

Good Nutrition on a Budget

(CARLSBAD, CA) – Sure, you have good intentions. You want to eat healthy. But, it seems that nutritious fare is so much more costly than junk food. And in times of economic recession, saving a buck becomes a bigger priority than what you put into your stomach.

But, what if you can have it both ways? A healthy eating regimen without much damage to your wallet? That's right! Cutting back on food expenses doesn't mean that you have to sacrifice nutrition. Jazzercise Founder and CEO Judi Sheppard Missett suggests these tips for eating healthy while spending less:

- **Establish a game plan.** Before you visit your local grocer, make a list and eat a small snack. Never shop when you're hungry. You'll end up buying things that you don't really need, which wastes money in the end.
- **Bulk up.** Some healthy staple foods, such as brown rice, can be stored for awhile. So, buy the economy size and use what you need over time.
- **Stay on the outside.** Fresh foods and produce are generally stocked on the perimeter of the store, whereas packaged foods are in the middle. There are always seasonal fruits and veggies on sale. So, browse through the outside aisles first, and fill your cart with whatever is in season.
- **Scratch it.** Most prepackaged foods are higher in both calories and price. Don't pay for fancy packaging. Instead, try making some dishes from scratch. It may take a little extra time, but you'll get a healthy meal at a lower cost.
- **Plant something.** Grow a few fruits or vegetables in your own little garden. Start with a fruit tree or some tomato plants. Talk to your neighbors about a co-op, so that you can trade your excess tomatoes for someone else's extra avocados.
- **Eat (and drink) at home.** Say goodbye to expensive coffee shops, even if your favorite item on the menu is a healthy chai tea. It's significantly less expensive to brew your own. And the next time that you have a gathering of friends, suggest a potluck at home instead of a dinner out on the town.

Jazzercise, created by Judi Sheppard Missett, is the world's leading dance-fitness program with more than 7,500 instructors teaching 32,000 classes weekly in the U.S. and around the globe. Since 1969, millions of people of all ages and fitness levels have reaped the benefits of this comprehensive program, designed to enhance cardiovascular endurance, strength, and flexibility. For more information on Jazzercise go to jazzercise.com or call (800)FIT-IS-IT or (760)476-1750.

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