

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.)




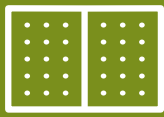
Lunch

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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