
Fitness Tips

by Cari Draft Elliott, BS, CPT - ACE-Certified Personal Trainer

How can I eat "healthy" yet inexpensively?

Question: *Eating fresh and/or organic food is so expensive! What can I do to eat healthier without spending too much money?*

Answer: The money that people spend on food has increased just in everyday eating, not to mention paying a premium for locally-grown, fresh or organic foods. Value meals at fast-food restaurants may be tempting, but beyond added calories, you'll also add sugar, fat and salt. There are a few ways you can maintain a healthful balance without going overboard on the spending.

Think about your weekly routine, and keep a food diary for a week -- the best way to eat must include fruits and vegetables every day, lean protein sources (fish, lean meat, poultry, eggs, beans), low-fat dairy and whole grains. Look for ways you can reduce the fat and sugar and you'll gain savings immediately.

Be intentional about your eating! Pack a lunch to take to work. Eliminate a few empty-calorie treats and substitute those with yogurt, fruit or nuts. Try drinking tea instead of coffee. Carry water from home rather than buying bottled water on the go -- the new aluminum bottles are all the rage and are great for the environment.

You'll save money by preparing meals at home rather than going out, stock up on sale items, and never shop for groceries when you're hungry. Buy produce in season and try to hit the farmer's market from May through October, your local farmers will appreciate you!

Cari Draft Elliott is an ACE-Certified Personal Trainer who makes "house calls" and is also the owner of EcoTrek Fitness! Please check out her website at www.oneononefitgirl.com and email your questions to cari@oneononefitgirl.com.
