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# SMALL WAYS TO BUILD A STRONGER YOU

## Eat This, Not That: Affordable Healthy Alternatives

Eat This	Why It's Better	Not That
<p>Bulk spices</p> 	<p>Jarred spices can be pricey, especially if you only need a small amount for a recipe. Buying only what you need will help you avoid tossing your money away if it expires before you use it.</p>	 <p>Jarred spices</p>
<p>Canned or dried garbanzo beans (chickpeas)</p> 	<p>You can pick up a can of beans for under a dollar, while prepared hummus can run you several. Making homemade hummus helps you save.</p>	 <p>Hummus</p>
<p>Whole chicken</p> 	<p>Buying the whole chicken is not only cheaper, but you can also use it to make broth for future use.</p>	 <p>Chicken breast</p>
<p>Frozen fruits and vegetables</p> 	<p>It has been <a href="#">estimated</a><sup>1</sup> that produce in local grocery stores travels about 1,500 miles from farm to market. Frozen produce, on the other hand, is typically flash frozen just after harvest, which means it does not lose as many essential nutrients in transit. If that is not reason enough, frozen vegetables are usually a little cheaper, too.</p>	 <p>Fresh fruits and vegetables</p>
<p>Plain yogurt</p> 	<p>Flavored yogurts have higher amounts of added sugar and/or artificial flavorings. By opting for the plain version, you can add your own natural flavorings</p>	 <p>Flavored yogurt</p>

## Bonus Tips:

1. Add a teaspoon of fruit jam, preserves, or lemon curd to your plain yogurt for a boost of flavor. In most cases, you will still end up with less sugar than commercial products.
2. Freeze your homemade chicken broth in ice cube trays for quick and easy use.
3. Keep some canned foods (meats, fruits, soups, vegetables, and beans) on hand for emergencies.
4. Feeling rushed? Cook a whole chicken in an Instant Pot in just around 30 minutes. Plus, you get broth as a bonus!

1. <https://www.100daysofrealfood.com/how-far-does-your-produce-travel/>