

NUTRITION FOR HEART-HEALTH



Heart Failure Society
of South Africa



info@heffsa.co.za

www.heffsa.org

**New Year Edition
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Budget Beating Healthy Eating for the New Year ♥

It's a new year and we have all made a new year's resolution to eat healthier, especially after the excesses over the festive season. However, we are all often faced with one or more of the following common (and very legitimate) challenges:

- **Zero time to cook or do meal prep.**
- **Deeply ingrained food habits that provide a sense of comfort and routine.**
- **A strong preference for fries over steamed broccoli.**

There is also another everyday barrier to good nutrition that can be a bit trickier to negotiate:

Money.

Taking into consideration all the pressures and expenses experienced on a daily basis, it then becomes understandable that eating healthy can feel financially daunting.

Unfortunately, it can be *true* that fresh fruits and vegetables, lean animal proteins, whole grains, and nuts and seeds will cost you more than a diet of mostly processed and fast foods.



But it *is* possible to eat a healthy diet, even when money is tight.

In this edition, we focus on a few real-life strategies to help you put regular nutrient-dense, delicious food on the table every day.

The best part: Some of the changes to your routine may be surprisingly small — yet lead to really big benefits.

Nutrient-dense meal planning



HOW TO EAT HEALTHY ON A BUDGET

1

Prioritize nutrients

We need **kilojoules/calories** to meet our immediate energy needs – but it is nutrients that keep us healthy long-term.

Nutrient-Poor



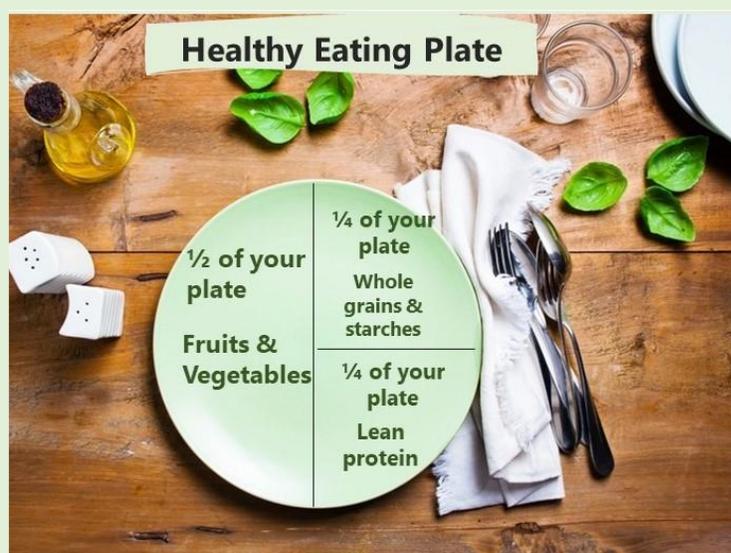
Nutrient-poor foods may be cheaper and filling sometimes, but they can lead to deficiencies and health problems.

Nutrient-Rich



Nutrient-rich foods may cost a little more, but they keep us satisfied and help to protect our health.

AIM FOR A BALANCE OF NUTRIENTS AT EACH MEAL



A healthy eating plate provides a detailed guidance, in a simple format, to help you make the best eating choices.





2

PLAN YOUR MEALS

for the week and make a grocery list. Only buy what you're sure you will use and check out what you already have in your cupboards.

3

STICK TO YOUR GROCERY LIST

when you're shopping. Shop the perimeter of the store first, as this is where the whole foods are generally located.

4

COOK AT HOME

Cooking at home is way less expensive than eating out. Some find it best to cook for the entire week on weekends, while others like to cook one meal at a time.

5

PRE-PREP YOUR MEALS

A little more time in the kitchen can yield big money-saving results by keeping you out of your take-out app or the drive-thru lane.

Min

0



Ask roommates, a partner, or older kids to help.

Min/Day

5



For most meals cook more food than you need so you have leftovers for eating and repurposing.

Min/Day

10



Pair extra food prep with other tasks, like listening to music or the news etc.

Min/Day

15



Do quick-prep batches, like hard-boiling eggs, chopping veggies, soaking beans, freezing herbs, etc.

Hours/Week

1-2



Cook big batches of more time-intensive foods like stew, casserole, granola, grains, beans, meat, etc.



MOST COST-EFFECTIVE PLACES

- Family-run urban neighbourhood fruit and vegetable stores
- Bulk food stores
- Discount grocery stores
- Farmers / community supported agriculture
- Your own garden

MOST COST-EFFECTIVE FOODS

- Dried beans / grains
- Seasonal produce
- Frozen fruit & vegetables
- Less popular cuts of meat (like organ meats or bone-in cuts)
- Canned fish
- Plant-based proteins (like beans, lentils, peanut butter, soya etc.)



THE LOW-COST, NUTRIENT-RICH ALL STAR CAST

PROTEINS	CARBS	VEGETABLES	FATS	FRUITS	FLAVOR UPGRADES
 Eggs	 Brown Rice	 Cabbage	 Peanuts	 Bananas	 Onions
 Canned Fish	 Lentils	 Carrots	 Milk/yoghurt/Maas	 Seasonal Apples	 Garlic
 Whole Chicken	 Potatoes	 Beets	 Canola/Olive oil	 Watermelon	 Spices
 Soya	 Beans	 Lettuce	 Vitamin-enriched soft margarine	 Oranges	 Herbs
 Flank/ Brisket	 Oats/Mabele	 Spinach	 Sunflower seeds	 Frozen berries	 Citrus