

Spend Less, Eat Better

Cutting costs is a state of mind that can take a bit of time to develop. Try these five approaches to cooking for less and see how much lighter you feel.

- 1. Go homemade.** Wean yourself from cake in a box and other pre-packaged foods.
- The local big-box store isn't the only game in town. **Join an organic-food-buying group** or create a new one with families in your neighborhood. This way you can purchase organic in bulk and at a discount.
- 3. Buy high-quality ingredients and make them last.** Instead of buying grated Parmesan in a tub and slathering your pasta with the cheese, buy a moderately priced chunk of Parmigiano Reggiano and grate sparingly to stretch your dollar and reduce fat and caloric intake.
- 4. Lose the smorgasbord mentality.** If you like brown rice, cook a big pot on Sunday, then challenge yourself to discover all the ways you can transform this low-cost grain throughout the week: rice pudding, burritos with rice or rice soup.
- 5. Reconsider how you celebrate by cooking at home** instead of splurging on an expensive night out. Bring out the cloth napkins and enjoy!



Save your hard-earned money: Instead of grated Parmesan, buy Parmigiano Reggiano by the chunk (\$10 to \$20 per pound, depending on age).



Make it a point to add celery and carrots to your grocery cart the next time you visit the market.

In a recent *Journal of Food Science* study, researchers cooked 20 vegetables by six different methods – from boiling to baking – to see how antioxidant levels were affected. Irrespective of cooking method, celery and carrots actually showed increases in their antioxidant levels. Other findings: The artichoke retained its high antioxidant content regardless of the method used, and antioxidants in green beans, beets and garlic also held up well against most of the means of preparation. Griddling (cooking on a flat metal surface with no oil) and microwaving did the best jobs of maintaining antioxidant levels.



Choose This, Not That



Grilled Tilapia ✓

VS.



Battered & Deep-Fried Tilapia ✗

A CLEAN EATING MANTRA: AVOID ANYTHING FRIED. No matter how nutritious a food is in its raw form, it becomes drastically unhealthy once it's dipped in batter and fatty oil. Plus, eating grilled tilapia without the superfluous addition of batter will ensure you maximize the natural taste and freshness of the popular white fish.

Nutrient Comparison

Grilled Tilapia (3 oz) vs. Battered & Deep-Fried Tilapia (3 oz):

	Grilled	Battered & Deep-Fried
CALORIES	110	239
TOTAL FAT (g)	2.5	8.5
SAT. FAT (g)	1	2
CARBS (g)	0	14
PROTEIN (g)	22	24
SODIUM (mg)	30	392
CHOLESTEROL (mg)	75	511