



Healthy Habits: Building Budget-Friendly Meals and Tracking Your Progress

Jonathan Cerna
October 7th, 2020

Autumn Health Picks

About me

- Hometown: Panama City, Panama
- BS in Dietetics, Nutritional Sciences MS student and Dietetic Intern
- Area of study: Nutritional Neuroscience
- Major Interests:
 - Cognitive function
 - Cross-modality effects
 - Nutrition x Exercise x Mindfulness
 - Mindfulness/Meditation (Main focus of future PhD studies, finger crossed)
 - **Behavior Change**





Do you HAVE to spend a lot of money in order to eat healthier?

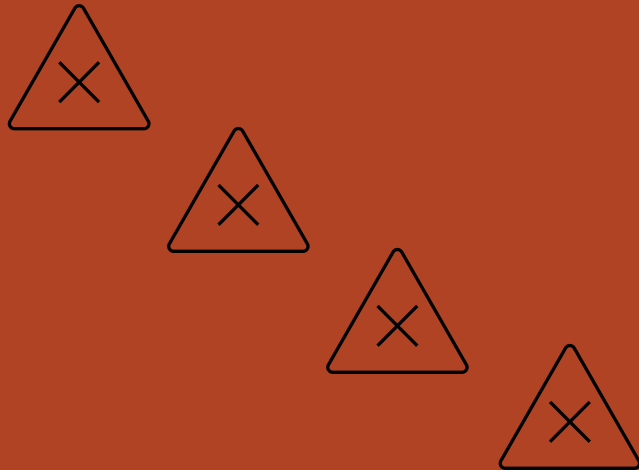
Put your answers in the chat box.

Learning Objectives

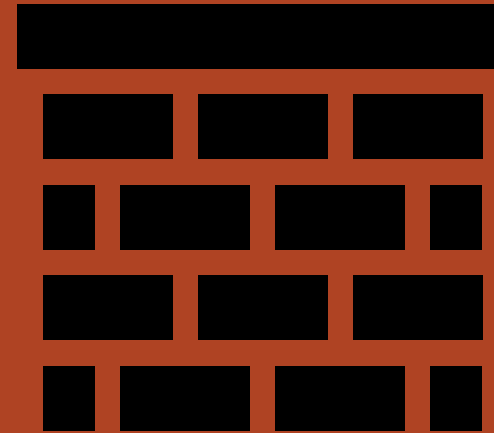
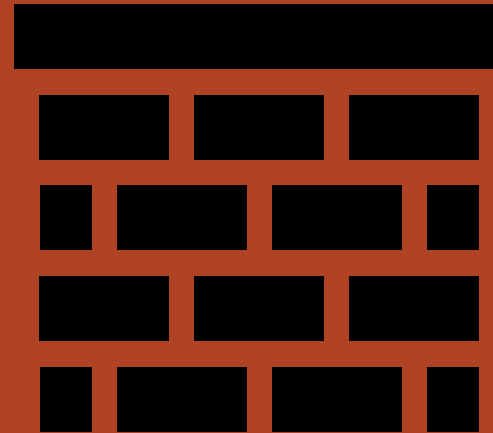
- Address the connection between habit formation and building budget-friendly meals
- Understand key differences in food-processing and its implications for health
- Address myths surrounding healthy eating associated with building budget-friendly meals
- Understand the habitual patterns that will help you the most when budgeting
- Learn how to integrate technology as a tool to keep you on track



Habit Formation and Budgeting



Behavior
Change



Budget-Friendly
Meals

“Healthful Diet”





“Healthful Diet”

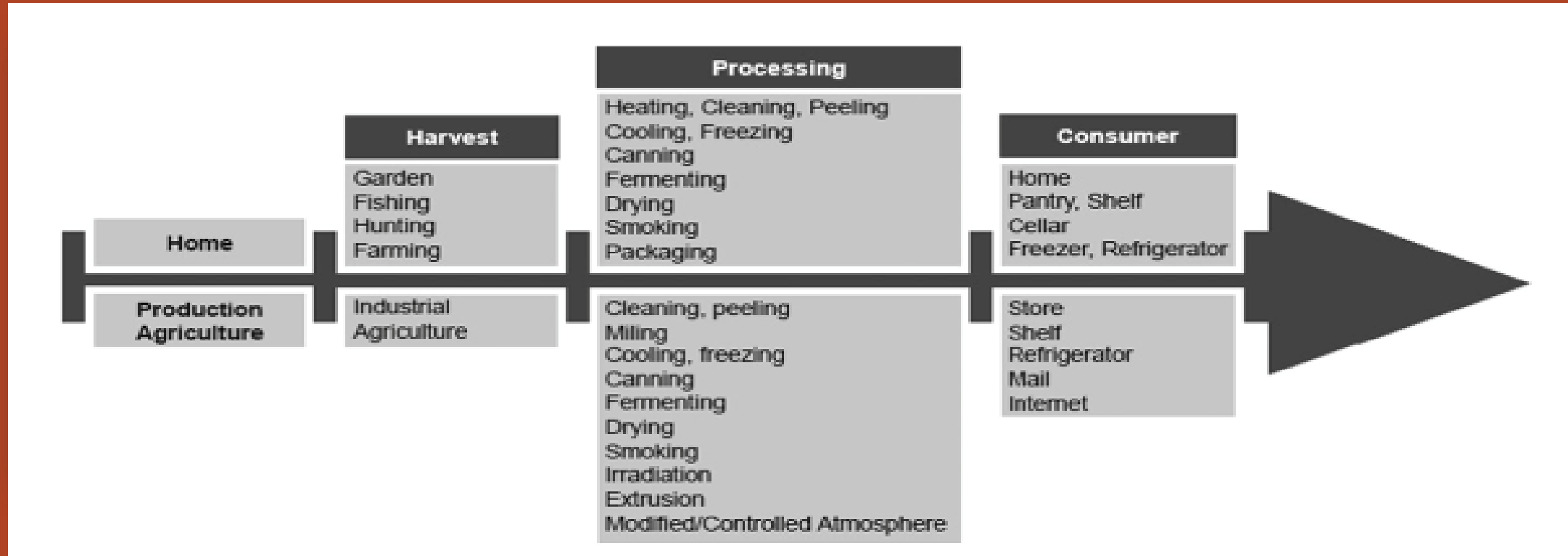


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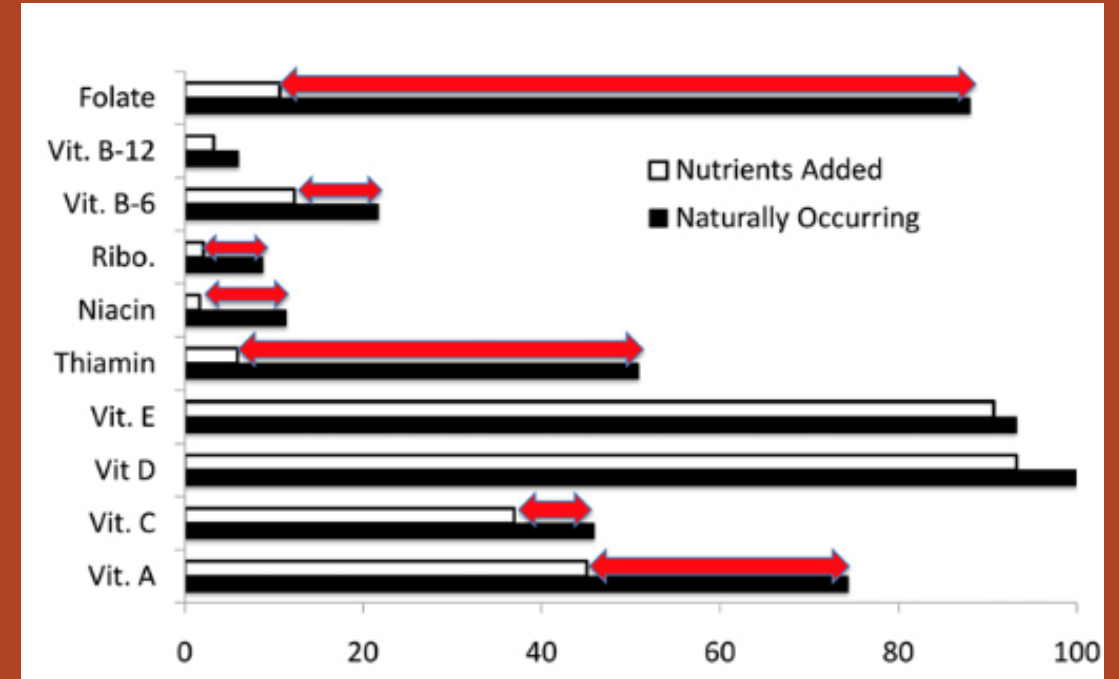
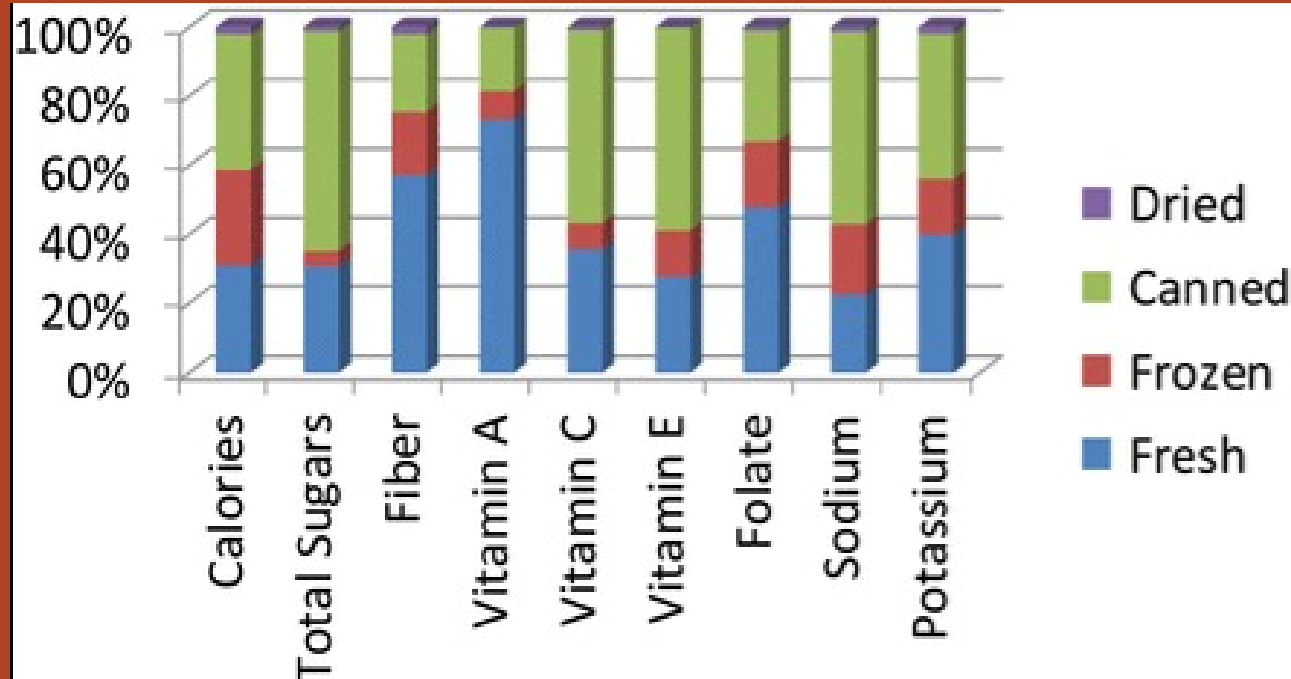
Processing Food: Home vs Industrial Processing



Weaver CM, et al. Processed foods: contributions to nutrition. Am J Clin Nutr. 2014

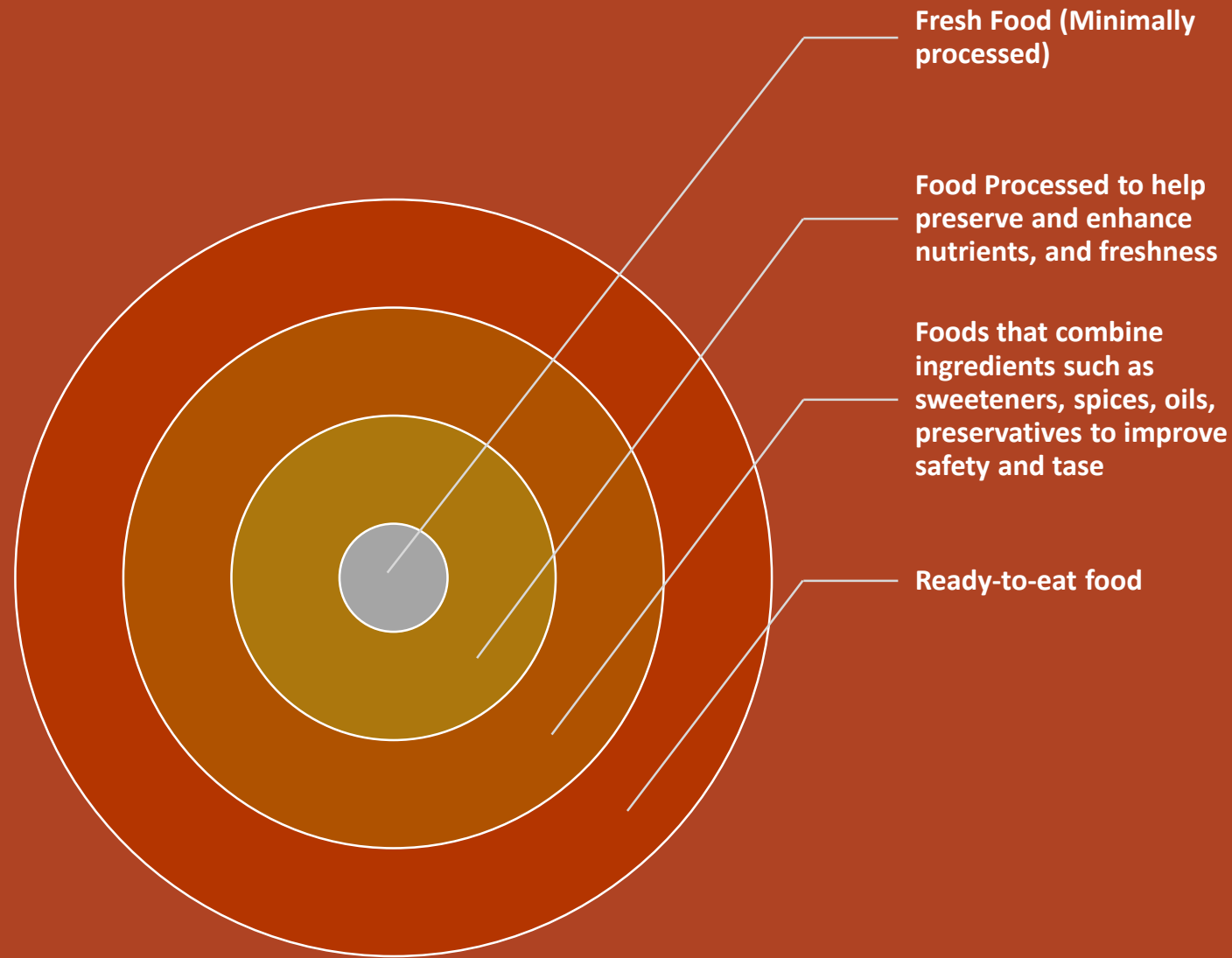


The Benefits of Canned and Frozen Food



Weaver CM, et al. Processed foods: contributions to nutrition. Am J Clin Nutr. 2014



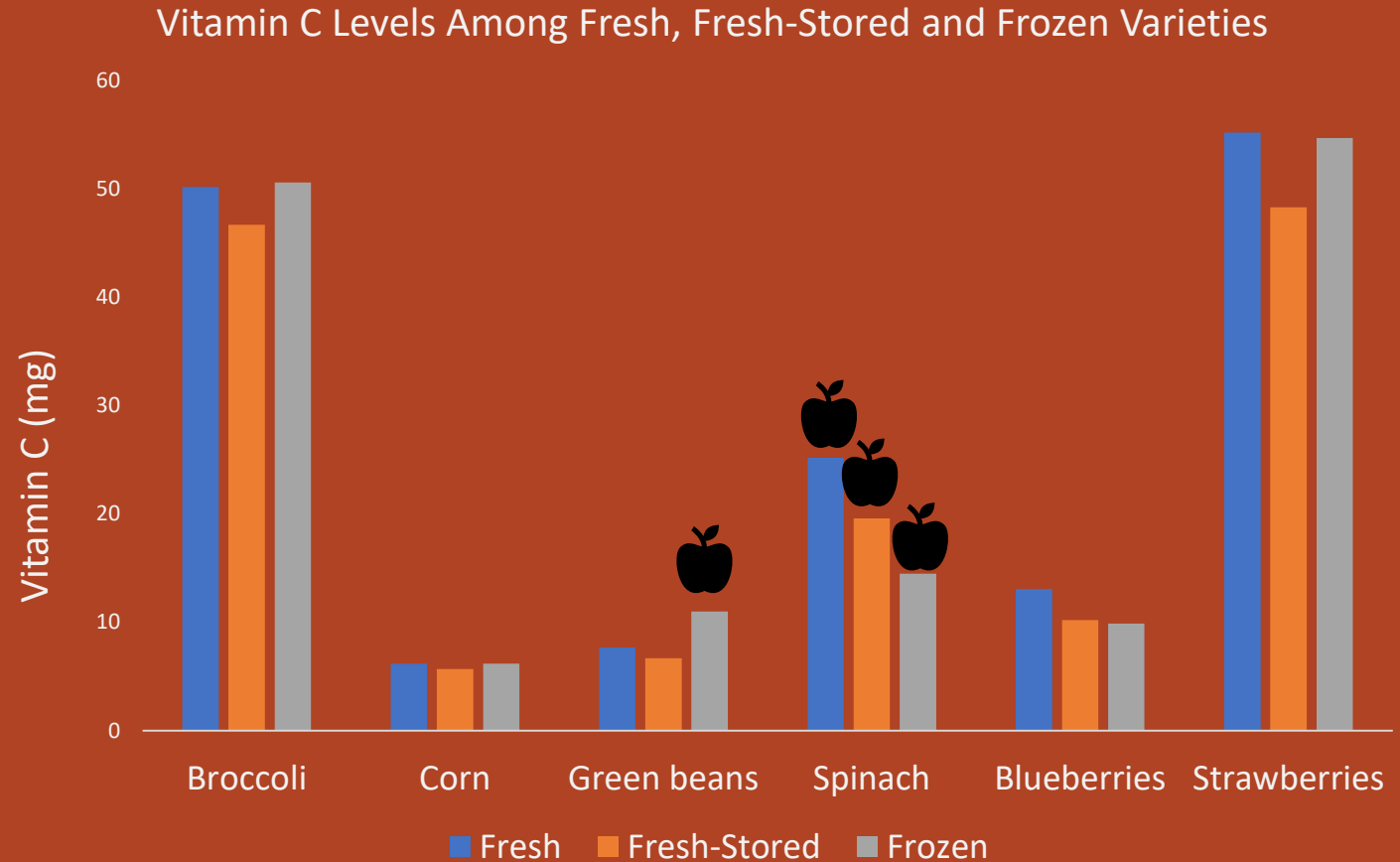


Adapted from: Weaver CM, et al. Processed foods: contributions to nutrition. Am J Clin Nutr. 2014



Is Fresh Food Always More Nutritious?

- **Vitamin C**
- **B-carotene**
- **Folate**
- No difference for most fresh, fresh-stored and frozen varieties



Adapted from: Linshan Li et al. 2017 (Journal of Food Composition and Analyses)



Dispelling Myths: Eating Plant-Based is Cheaper

Is meatless fast food really healthier for you?

MarketWatch compared nutritional value and the cost of meat and meatless menu items at popular fast food chains

BURGER KING		IMPOSSIBLE WHOPPER	WHOPPER
Price		\$5.19*	\$4.19
Calories		630	660
Fat		34 grams	40 grams
Saturated fat		11 grams	12 grams
Sodium		1,240 milligrams	980 milligrams
Protein		25 grams	28 grams
MCDONALD'S		MCVEGAN	BIG MAC
Price		\$5.80	\$3.99
Calories		438	540
Fat		21 grams	28 grams
Saturated fat		1.9 grams	1 gram
Sodium		n/a	940 milligrams
Protein		7.5 grams	25 grams
WHITE CASTLE		IMPOSSIBLE SLIDER	ORIGINAL SLIDER
Price		\$1.99	\$0.72
Calories		210	140
Fat		11 grams	7 grams
Saturated fat		4 grams	2.5 grams
Sodium		550 milligrams	380 milligrams
Protein		11 grams	6 grams
DEL TACO		BEYOND TACO	REGULAR DEL TACO
Price		\$2.49	\$1.49
Calories		300	300
Fat		19 grams	18 grams
Saturated fat		10 grams	12 grams
Sodium		510 milligrams	410 milligrams
Protein		19 grams	18 grams

*Price varies per location

Source: MarketWatch reporting

Day 1



Credit to: MarketWatch and Forks over Knives



Dispelling Myths: Eating Healthy is Expensive

29 Healthy Foods That Are Incredibly Cheap

15 Healthy Foods for About \$2

A grocery list to help you cut food prices while you boost nutrition.
By Elaine Magee, MPH, RD

Eat Right on a Budget

How Farmers Markets Can Inspire You to Eat
More Fruits and Vegetables

Shop Healthy on a Budget

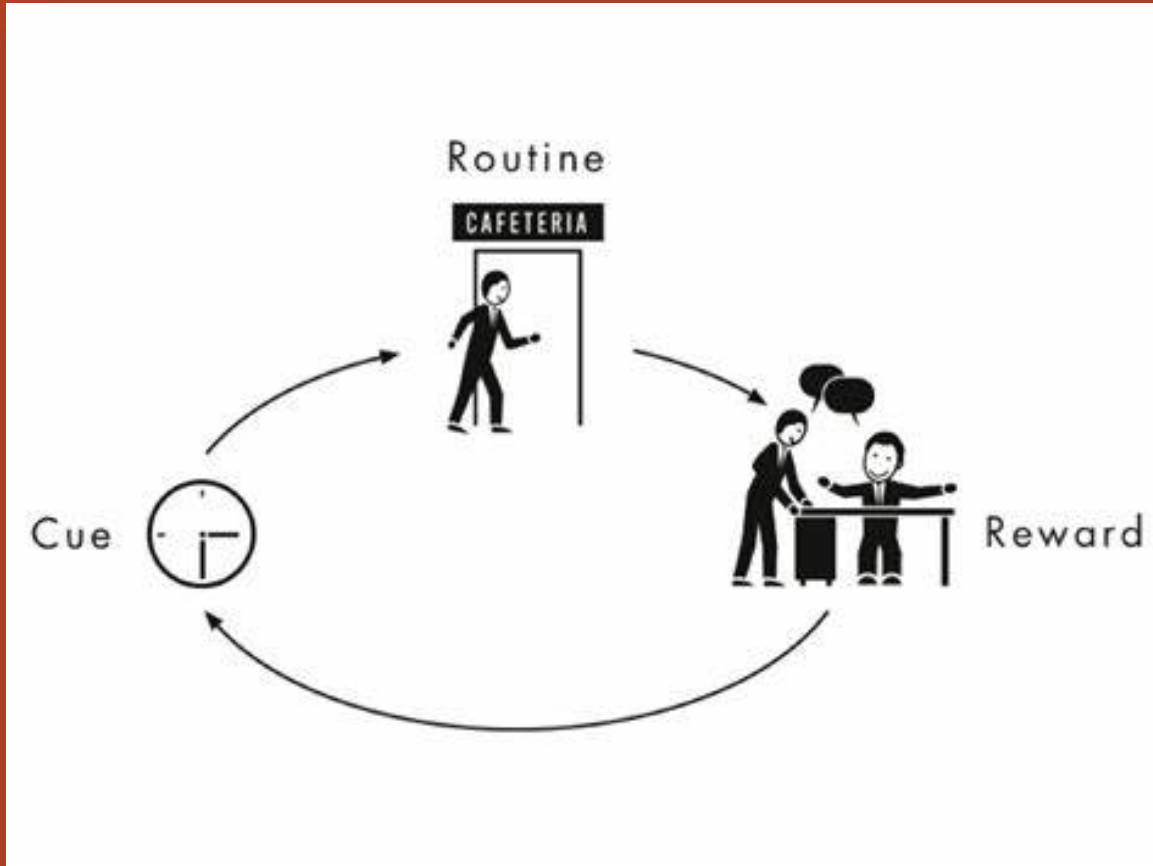
By Jessica Cox, RD

Eat Right on a Budget

How Farmers Markets Can Inspire You to Eat
More Fruits and Vegetables



Quote by Benjamin Franklin: “If you fail to plan, you are planning to fail!”



- Bad planning can become habitual
- But so it goes with good planning
- Start replacing bad planning, poor spending, and unsuccessful cooking with their opposites
- Results will ensue 



Case Study

Meet the BusyBuddies

- *2 Parents:* Busy with work
- *2 Kids:* Several school, and extracurricular commitments
- *Low budget:* ~80 dollars for **all** food
- Cooking-time: Limited
- Needs: Food variety and needs to meet calories and nutritional needs
- Want: 2 breakfast options, 2 lunch options, 2 dinner options, 2 dessert options – per person

Plan:

- 1 app for recipes, connected to...
- 1 app for grocery planning
- Time allotted for cooking: 2-3 hours max
 - Does not have time to cook during the week
- Uses bulk cooking methods

Result?

- Picked up groceries – 30 minutes
- Cooked, chopped, baked, and roasted
- Spent ~1.50\$ per meal/person, 65\$ total for food
- **HOW?**



What Impedes Success the Most?

- Eating out when you have food at home (that you don't like)
- Shopping impulsively online, or buying compulsively at the grocery store
- Buying duplicates (AKA "I forgot I had that at home")
- Not having a plan for grocery store and the kitchen



Step 1: Determine What You Need

Planning Phase: 30-45 min.

- **Time:** Short-cook time
- **Nutrition:**
 - Nutrient and/or calorie-dense
 - Varied flavor
- **Cost: Low cost**
 - \$1.50-2.50 max/meal
 - 35 TOTAL spent on groceries/week

Acting Phase: 30-45 min.

- Choose a source for your needs
 - Website/App:
 - Tasty
 - Fit Men Cook
- Choose where to get your groceries from:
 - Website/app:
 - Walmart app
 - Meijer app



Step 2: Getting What You Need



Step 2: Getting What You Need



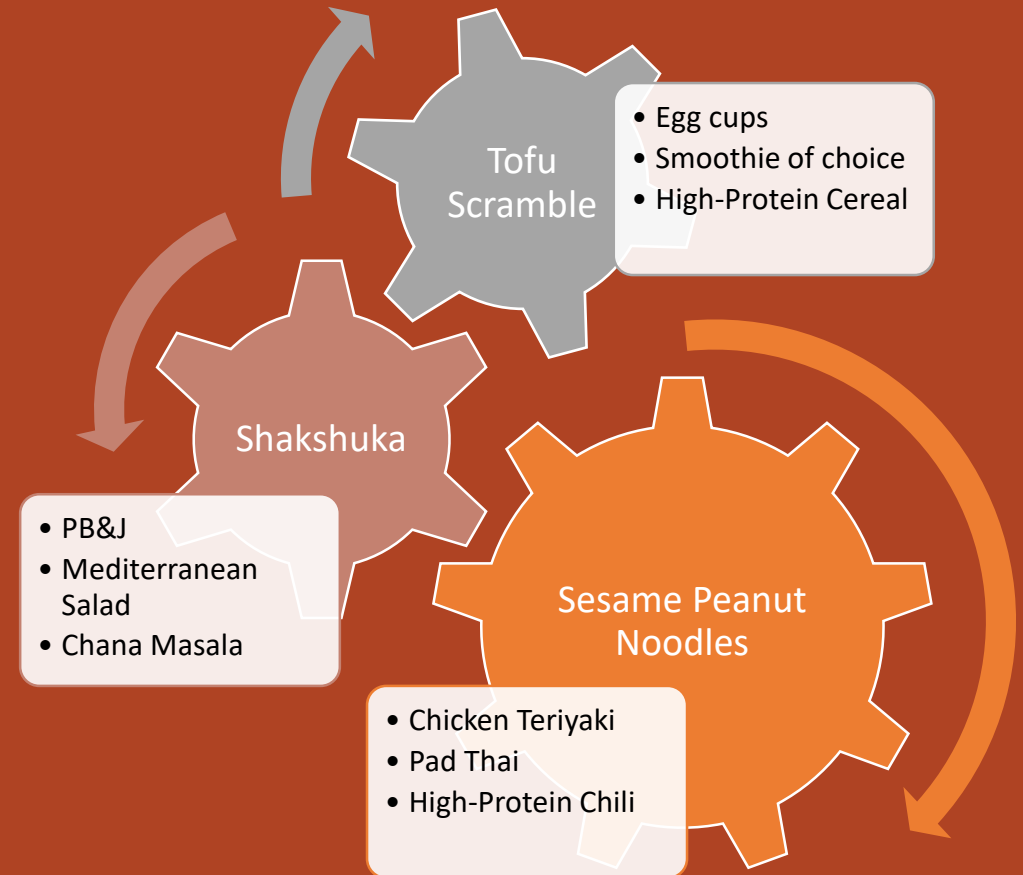
Step 3: Preparing What You Need

Meal Prepping

- Double, or triple batching
- Chop, peel, slice, roast beforehand!

Rotating menu

- 2 core items for the week for each meal
- 2-3 rotating items
- Substitute rotating items as you find new recipes



Take-Aways

Planning and spending are part of the process, not something to eliminate or get rid of

Determine what you need: Plan and prepare, before going to the store and while you are at the store

Building Budget-Friendly Planning

Get what you need: Double-check what you have at home, know what to expect when grocery shopping

Prepare what you need: Maximize your meal prepping, and make sure to switch things up



Resources

Food Storage:

- *Academy of Nutrition and Dietetics*
- <https://www.eatright.org/search-results?keyword=Storing+food>

Eating Affordably

- *10 Tips for Eating Right Affordably by Esther Ellis MS, RDN, LDN*
- <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/10-tips-for-eating-right-affordably>

Apps/Websites for Planning:

- *Eat This Much: The Automatic Meal Planner, Anylist, Mealime, Yummly*
- *Walmart, Maijer, Target app/website for grocery shopping*
- *Recipe variety: Tasty, Fit Men Cook*
- *Integrating Habit Change: Noom*

