

What is healthy eating?

Eating different fruits, vegetables, bread, grains, meat and other protein, and dairy or dairy alternatives.

Why is eating well important for all ages?

Healthy eating supports you in reaching and maintaining a healthy weight, which may help you live longer and lower your risk for infection, heart disease, diabetes and some cancers. If you have a chronic disease, healthy eating can help you better manage your condition and prevent complications. Your digestive system may also work better.

Is it possible to eat healthy on a budget?

Yes, it's possible! Take the following steps to ensure you consume healthy foods while maintaining a budget:

- Plan to cook at home rather than eating on the go.
- Do your shopping with a list so you only buy what you need.
- Buy frozen or canned fruits (packed in water) and vegetables, which can be healthy alternatives to fresh produce.
- Shop products that are on sale and use coupons.
- Buy generic or store brands.
- If you can, grow a garden for your fruits and vegetables.

Available assistance

Many communities offer programs and services to assist residents:

- [Neighborhood Navigator](#) provides community resources searchable by ZIP code.
- [Supplemental Nutrition Assistance Program \(SNAP\)](#) offers benefits for low-income families to buy food.
- [Special Supplemental Nutrition Program for Women, Infants and Children \(WIC\)](#) provides food and other resources for low-income pregnant, breastfeeding and non-breastfeeding women, infants and children at risk of hunger.
- [Meals on Wheels](#) delivers healthy meals to seniors.
- [Seniors Farmer's Market Nutrition Program](#) provides low-income seniors access to locally grown produce.
- [Commodity Supplemental Food Program](#) provides food for low-income residents age 60 or over.



Budget-friendly recipes

- [MyPlate App](#): Find savings and discover new ways to prep budget-friendly foods.
- [19 Clever Ways to Eat Healthy on a Tight Budget](#): Tips for eating healthy on a budget.
- [Eating Healthy on a Budget](#): Make good choices when money is tight, especially for those with heart disease and Type 2 Diabetes.
- [12 Strategies for Eating Well on a Budget](#): Access a wealth of healthy recipes and tips.

Sources: [Centers for Disease Control & Prevention](#); [U.S. Department of Agriculture](#).



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