

Nourrir la vie

Eating a balanced diet on a budget

Balanced plate on a budget

Fruit and vegetables

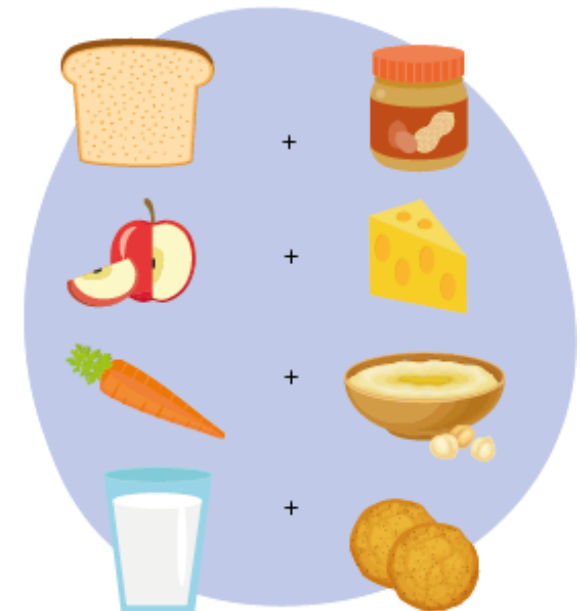


Grain products and starchy foods

Proteins

Snacks

Use what you already have at home.
For example:



Notice: This tool is intended for informational purposes. It does not replace the advice of a health professional. If you have any doubts or are experiencing serious difficulties, consult a health professional without delay.

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Money-saving tips in each category of the balanced plate!

Vegetables and fruits

- Frozen or canned fruit and vegetables are budget-friendly options.
- Opt for root vegetables.
- Take advantage of lower seasonal prices
- Take advantage of discounts on very ripe fruit and vegetables
- Choose the naturally imperfect produce offered at Maxi supermarkets.



Look for in-store discounts for even more savings!

Grain products and starchy foods

- Opt for staples like rice, pasta, noodles, couscous, barley, and oats that you can season to your taste.
- Larger formats are generally more affordable per serving.



Proteins

- Consider including plant-based proteins such as legumes and tofu as they are often more affordable!
- Replace part of the meat in a recipe with legumes.
- Choose less expensive cuts of meat such as ground meat, chicken thighs, and stewing meat like blade roast, stewing beef or shank.
- Opt for canned or frozen fish.



For more tools, go to www.centrealima.ca

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