

Healthy food does not have to be expensive

By Huffington Post

It's tough to eat healthy, and even tougher to find healthy foods on a budget. Even though eating well is an investment in your long-term health, it can be hard to find nutrient-dense, environmentally friendly foods that don't hit your wallet.

Environmental Working Group, a non-profit research organization, has examined over 1,000 foods to determine the ones that have the fewest pesticides, contaminants and artificial ingredients ... and are reasonably priced. Their printable booklet "Good Food on a Tight Budget" offers tips for healthy, inexpensive foods.

They recommend making a meal plan, cooking at home, skipping processed foods, growing your own vegetables, and swapping beans and lentils for meat. Making the swap isn't just good for your health.

According to a previous report by the group, if every American cut meat and cheese from their diet for one day per week, it would equal removing 7.6 million cars from the road.

Read the whole story