

DEPARTMENT OF
NUTRITION & DIETETICS

Eat Well On A Budget



BUY NUTRITIOUS FOOD

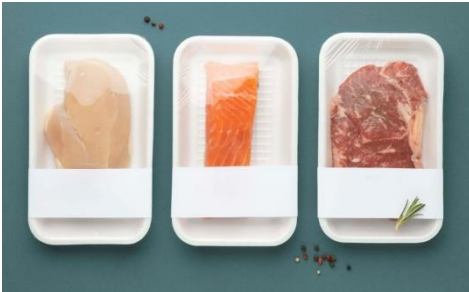
Eating well is not expensive if you know what to eat. Knowing the right foods to buy for cooking at home or eating out can save a lot of money.

1. Buy from wet markets
2. Replace meat with other protein ingredients with longer shelf life



BUY NUTRITIOUS FOOD

3. Buy house brand products from supermarkets
4. Buy canned or frozen food



LOOK OUT FOR
SALES AND
USE COUPONS.
BUY
DISCOUNTED
ITEMS



EATING OUT

1. Choose eggs or plant protein instead of poultry/meat/fish occasionally



Eggs



Legumes (Beans, Lentils, Peas)

2. Bring your own container



YOU CAN SAVE TAKEAWAY COSTS!

SIMPLE AND AFFORDABLE MEAL IDEAS

Make full use of food e.g. leftover vegetables can be used to cook curry



Wholemeal bread (2 pieces) = \$0.20



Leftover vegetables in curry



Sardines in tomato sauce (1 can, 155g) = \$1.10



Frozen chappati (2 pieces) = \$0.50



Eggs (2 pieces) = \$0.30

Clinic B2
Nutrition And Dietetics
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



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