



# MAINTAIN DON'T GAIN CHALLENGE

Shop to Build Healthier Meals

## SHOP TO BUILD HEALTHIER MEALS

You don't have to change your diet completely to eat healthier. All you have to do is make small adjustments to how you shop and prepare food. Preparing a healthy meal starts with savvy shopping.

Swapping out foods with healthier ingredients or higher nutritional content doesn't mean that the flavor has to suffer. Before you head to the store, take inventory of what you already have and what you need to buy for the week. Spice up a meal by swapping in healthier ingredients and bring back fun into your kitchen!

**Here are a few tips that can save you time and keep you healthy while shopping:**

- **50% Veggies and Fruit.** When you're planning a meal, make sure half of what you're eating is either a vegetable or fruit.
- **Plan, Plan, Plan!** Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which "stretch" expensive items into more portions (and make them family friendly!) Check to see what foods you already have and make a list for what you need to buy.
- **Shop the perimeter of the store.** Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### THIS WEEK'S WEBINAR

- [Eating Healthy on a Budget](#)



### THIS WEEK'S TIPS

- [Flyer \(PDF\): What are you going to eat?](#)
- [Flyer \(PDF\): Shop smart, shop healthy](#)
- [Article: How to avoid holiday diet fitness traps](#)



### THIS WEEK'S RECIPES

- [Spaghetti Squash and Turkey Meatballs](#)
- [Pumpkin Pie](#)



### ADDITIONAL RESOURCES

- [Shop Local at Work. Visit a UCI Farmer's Market](#)
- [Join the Wednesday Wellness Walks on Campus](#)



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THE CHALLENGE  
TRACKER

Questions or Comments? Contact:



**UCI Campus  
Dyan Hall  
Wellness Program  
Coordinator**  
O: 949.824.5429  
[dyhall@uci.edu](mailto:dyhall@uci.edu)

**UCI Health Sciences  
Gretheel Olvera  
Wellness Program  
Coordinator**  
O: 949.824.5854  
[olverag@uci.edu](mailto:olverag@uci.edu)

**UCI Medical Center  
Justin Wang  
Wellness Program  
Coordinator**  
O: 714.509.2390  
[justw11@uci.edu](mailto:justw11@uci.edu)