



WEDNESDAY WELLNESS

Supermarket Savings

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It's no secret that lab created processed and junk 'foods' are way cheaper than nutritious fare. Actually, the price of junk food is on the decline, while whole, fresh and un-processed costs are up.

When you shop for food, pack as much nutrition as possible into your food purchases. Those mad scientists of the food industry have figured out a way to make chemicals and artificial flavorings by the ton, add them to food supposedly for less fat and better taste, and charge less!

Here are a few do's when shopping, to save your hard earned dollars and get the best nutrition for your buck:

Read labels: fewer ingredients means healthier food.

Avoid the middle of the grocery store: AKA the 'nutritional dead zone.' Make an effort to stay along the outside parameters of the store.

Don't shop hungry! You will overspend and buy items either you don't need or you'll never use. (like that jar of Turkish pickled eel in the back of the pantry you bought a year ago!)



Research has proven you'll save money when checking out by using the self scanner check out. Women lowered impulse buys by 32% and men by 16% just by using the self check out!

Shop smart to invest in your health. **For a Better Way To Spend- & Stay Well!** *Source: Shop This, Not That*

WEEKLY CHALLENGE

WEEKLY QUOTE
"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear."
~ Buddha

MONDAY Join the Meatless Monday Movement!	TUESDAY Always be ready to start over.	THURSDAY Don't lose your sense of humor...LAUGH!!	
WEDNESDAY Keep a flexible food plan— Choose variety!	FRIDAY Be creative! Cook something new this weekend!		

Move it, Move it More!

WEEKLY RECIPE
Papaya Avocado Salad
1 pkg baby spinach leaves
1 papaya seeded, peeled, sliced
1 avocado, sliced
1 small red onion, sliced thin
1 nectarine, sliced thin
1/2 C prepared Good Seasons Italian dressing mix for fat free dressing

IN THE KNOW
Which breakfast from Hardee's is higher in calories, fat and sodium:
Low Carb Breakfast Bowl or Sunrise Croissant with Ham?
Answer: Breakfast Bowl. It packs in 620 calories, 50g of fat and 1,380mg of sodium. The croissant rings in with 400 calories, 23g of fat, and 1,070mg of sodium.
Source: Lilly USA, LLC Nutrition in the Fast Lane



Source: Health Magazine Muscles worked: Abs.

FITNESS TIP
Front plank with twist
Get on knees and forearms in plank position, legs stretched and up on your toes. Exhale while twisting slightly to the left from your waist only. Inhale, and return to start position, then repeat on opposite side for 1 rep.

Keep movin'!

Cover a platter with spinach. Top with next ingredients, drizzle with dressing. Serves 4. *Source: Kraft Foods*