

# VitaMin

Vital health information in a minute



## Healthy ways to fatten your wallet

Keeping a budget, eating right and getting regular exercise are good habits. The bonus: They can also help you save money.

**Brown bag vs. drive-thru.** It's not easy to find healthy food at a fast food spot. And the costs can add up. Pack your own lunch with whole-grain bread, lean meats and fresh fruit instead.

**Pedal power vs. gasoline.** When the weather is nice, opt for your bike or feet to get you where you're going. You never know how high gas prices might go, but biking and walking are free and great exercise, too.

**H2O vs. soda.** You can grab a drink of water free just about anywhere. Water quenches thirst and isn't loaded with sugar and artificial ingredients.

**Playing sports vs. watching sports.** A game of touch football in the backyard is a healthy, low-cost activity. You'll burn calories instead of burning money on high-calorie snacks at the stadium or on your couch.

**Whole foods vs. processed foods.** It often costs less to buy the basics (whole-grain pasta, beans, brown rice) and prepare your own meals instead of buying processed foods (packaged dinners, frozen pizzas, etc.). Plus, whole foods are better for you.



Try this budget-friendly recipe for [Orzo Salad with Spicy Buttermilk Dressing](#).

**GO YOU.**



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