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ASN OFFERS ADVICE FOR EATING WELL DURING A RECESSION

March 31, 2009—As we bid farewell to National Nutrition Month, the American Society for Nutrition (ASN) would like to offer tips for cutting back on food costs and continuing to eat nutritiously in 2009. It can be quite affordable to eat well with fewer resources, but it means choosing foods more wisely, spending a bit more time in the kitchen, and staying away from high-fat, high-calorie convenience foods. ASN President James Hill, PhD, stated that, “Taking a few small steps toward changing your food purchasing habits can produce positive results over time. As the economy struggles and Americans seek ways to reduce daily costs, it is important to remember that nutrition does not have to be sacrificed.” Hill offers consumers several ways to spend less money on meals and maintain a healthy diet:

- Fruits and vegetables are two of the most economic and nutrient-rich offerings at the grocery store. Try to purchase what is in season. In the spring, that would include asparagus, artichokes, greens, radishes, cherries, and leeks.
- Try to reduce the number of meals you eat at restaurants. Even one more meal prepared at home can save money.
- Bring your lunch to the office instead of buying it every day.
- Make a shopping list for the grocery store to reduce impulse buys.
- If you need ideas for meals, the Internet has a wealth of recipes.

To watch a short video of Dr. Hill describing tips for eating healthy foods during a recession, please visit:
http://vcreative.flv6.com/ASN/April_2009_ASN%20Tips_JH.html

The American Society for Nutrition is the preeminent professional organization for nutrition research scientists and clinicians around the world. ASN is dedicated to bringing together the top nutrition researchers, medical practitioners, policy makers and industry leaders to advance our knowledge and application of nutrition. Founded in 1928, ASN publishes The American Journal of Clinical Nutrition (AJCN) and The Journal of Nutrition (JN). Visit ASN online at www.nutrition.org.

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