

# What Cheap Food... Is Really Costing You!

NEW Veteran's  
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It's no secret that healthy foods play a huge role in how well we function and how well we feel physically and mentally.



But what is the real cost of buying healthy (as in nutritionally dense) foods compared to unhealthy (as in junk) foods?

## It may surprise you to know...

Healthier foods do cost more but much less than you might think! Researchers have found that healthier diet patterns (such as diets rich in fruits, vegetables, fish, & nuts) compared to unhealthy diets (those rich in processed foods, meats, & refined grains) can cost, on average, about \$1.50 more per day or \$550.00 per year than the least healthy ones.

One problem with junk foods is that they're low in satiation value (**that is, people don't tend to feel as full when they eat them**) which causes you to continue eating even if you don't need to.

Another problem is that junk food tends to replace other, more nutritious foods. When people drink lots of soda they're replacing potential servings of low-fat dairy or other health-friendly option beverages like green tea or orange juice.

Consider that your body absolutely needs water, but it can survive without soda!

## Where You Can Start:

For each listed item, write in a food that you think would be a healthier option!

Instead of **SODA**, you could have...

Instead of **CHIPS**, you could have...

Instead of a **MUFFIN**, you could have...

Instead of **BACON**, you could have...



OR



After you write down your answers, compare them with others! Who has the healthiest option??

Take the challenge of trying one new nutritious food a week. And remember...!  
Being with like-minded people increases the success of your goal.



## Why Change Isn't the Worst and What you can do About It:



How to understand and conquer change in a mentally and emotionally healthy manner.

Let's be honest for a minute: change is **ALWAYS** affecting you. Whether it's in your own life or just around you, the influence is constant.

### But think back...

Remember your first experiences in the Service? Many of us were far from home, family, and friends. With training and guidance, we were able to adjust and adapt to situations that were new. We were able to successfully cope with change! During this time, we also made friends who lent us support when we needed it.

### Now back in the present...

So here you are again: faced with change that requires to you adjust and adapt. Luckily, just like back then, you now have a mentor to guide you, and friends that can help you succeed. Keep reading to learn some ways to cope with change that are similar to what you practiced in the Military.

Simply notice that you are in the midst of change and that change is a part of you. This might seem like a no-brainer, but it takes some practice to become aware of change instead of subconsciously denying it. Don't try to run and hide. If you have a journal, write about changes you notice.

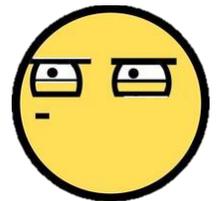


Figure out when to accept and when to reject the change. Reflect on what you are accepting, what you are rejecting, and what you can change! You will be amazed at how effective your choices are!

Learn to relax (more). Deep breathing works for many people. Exercise helps most of us to relax. Choose the way that works best for you. Relaxation allows you to deal well with change.



Check these sources out for more information!

<http://www.webmd.com/diet/junk-food-facts?page=1>  
<http://www.hsph.harvard.edu/news/press-releases/healthy-vs-unhealthy-diet-costs-1-50-more/>  
<http://www.positive-changes-coach.com/how-to-deal-with-change.html>

If you have any questions, comments, or concerns just ask!

■ Ann Keidatz, R.N. B.S.N