

Five ways to eat well for less

Five ways to reduce the cost of your weekly food shop and boost your nutrition.



PAM OH Solutions

1

Use frozen, tinned and dried options

Healthy eating doesn't require buying costly fresh ingredients or making complicated recipes. Tinned, frozen and dried fruit and veg is just as healthy and is often more convenient and affordable.

2

Swap meat for legumes and pulses

Beans, chickpeas, lentils and oily fish make cost-effective alternatives to chicken, lamb or beef. Even something as simple as beans on toast is a quick and healthy alternative on a busy night.

3

Spend less time cooking

Instead of trying to make healthy meals from scratch every day, batch cook several portions at once. That way you can easily reheat one of these instead of reaching for a take-away or 'ultra-processed' meal.

4

Plan meals and stick to a budget

Meal planning is an excellent way to save money on food and ensure a balanced nutritious diet. By doing your grocery shop online you can also compare costs and keep track of how much you're spending.

5

Find your motivation

Instead of focusing on weight loss, if you can find a personally meaningful reason to eat well, you're more likely to succeed. Maybe you want to feel better, have more energy or reduce your health risks.

What are ultra-processed foods?



Ultra-processed foods are made using chemicals and processes linked to a higher risk of cancer, heart disease and obesity.

They typically include frozen meals, processed meat, soft drinks, packaged snacks, instant soup and cereals.

By avoiding food that lists lots of preservatives, additives, emulsifiers and artificial flavours you can reduce the risks to you and your family.

PAM OH Solutions is an occupational health provider that is committed to reducing sickness absence and boosting employee wellbeing. For more expert tips, please visit: pamgroup.co.uk/insights