

10 tips for a healthier and more conscious diet

THE NEED FOR SOCIAL ISOLATION IN 2020 DUE TO THE CORONAVIRUS PANDEMIC CAUSED THE EATING HABITS OF MANY PEOPLE TO CHANGE.

The need to optimize household budgets and time, which we need to divide between work and home duties, compels us to be more aware of certain habits.

Here are some tips to help you in this process:

- 1** Make a list of what needs to be purchased. This will help you focus on the essentials.
- 2** Before doing said list, check what is already in the pantry and check the expiration dates.

3 Think about entire meals. This helps you to be more objective when making up the list.



Lunch:
✓
✓
✓


4 Determine how much you can spend beforehand. Setting a spending limit is critical.



5 Avoid going to the supermarket while hungry. That way it is unlikely that you'll blow your budget.



6 Check what is on sale and compare products, quantities, and brands, to do a good grocery haul.



7 Learn what are the fruits and vegetables that are in season. They probably have more flavor and better prices.



8 Remember, many foods can be frozen, such as fruits, vegetables, and meats.



9 Look for healthy recipes that utilize the raw foods and ingredients in their entirety.

10 Avoid doing groceries with children. They usually add many unneeded items to the list.

If you pay attention to these tips, buying only what will be consumed and avoiding waste, it'll be easy to save money and eat well!

