

Healthy food can be expensive, but don't have to be: dietitian

By **Cassandra Bernard**

Healthy food can be expensive, but it depends on the choices made, a dietitian with Lifewise Weight Management and Wellness says.

The Charlottetown small business offers a variety of services that include nutritional and exercise consultants,

They also do hair mineral/toxin analysis. There is a detox program and full service weight loss programs.

Owner Alison Shields said people generally use the price of healthy foods as an excuse to buy junk.

"They don't want to give up their comfort foods, which is usually junk."

A lot of junk is addictive, including salt and sugar. People can't break the bad habit of eating them, so expense is their first excuse, she said.

"Ignorance or lack of knowledge would be the sec-

ond main reason."

Many are not educated as to what is healthy, she added.

"They just think that healthy is more costly, they don't really know."

One way for people to manage their money in order to eat healthy is simple, Shields elaborated.

"The money they save on not buying junk food, which is actually more expensive, will go on healthier foods."

More planning and cooking is required, so actually being organized is the key to eating healthy economically, she said.

Eating healthy does require more preparation in general, Shields said. Healthy food is non-processed, not pre-packaged.

"Eating healthy involves buying raw foods and putting them together."

Frozen produce, frozen fish, frozen fruit, and bags of rice are not expensive. They do not spoil and are all healthy choices.

Eating healthy without it costing more simply requires planning and organization, she said.

During the current down-

turn in the economy, Shields said people will eat less in restaurants.

"But for those who don't know how to eat healthy,

there will be no change other than that."

Cassandra Bernard is a journalism student at Holland College

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