

# Myth Buster: It's More Expensive to Eat Healthy

Many people believe that it costs more to eat healthy. But you can eat healthy with FirstLine Therapy (FLT) without substantially increasing your food budget. You may even spend less on food than you do now.

We shopped local grocery stores and food chains to discover cost differences between a day's meals on the FLT eating plan compared to meal options commonly found in SAD (i.e., Standard American Diet, Standard All-Over-the-World Diet). In addition to the improved health benefits we already knew about, our efforts revealed patient savings in overall dollars and calories with the FLT plan.

## FLT vs. SAD: Potential Health Effects

1 Day Sample Menu	FLT	SAD*
Breakfast	UltraMeal® Plus 360° medical food with non-fat milk and water	Cereal with 2% milk and sliced banana
Snack	¼ cantaloupe topped with fresh blueberries and chopped walnuts or pecans	Mocha latte and blueberry muffin
Lunch	Chicken wrap (chicken, mozzarella, lettuce, tomato and avocado wrapped in a low-carb tortilla) and split pea soup	Cheeseburger with fries and chocolate shake
Snack	UltraMeal Plus 360° with non-fat milk and water	Latte and chocolate chip cookie
Dinner	Grilled fish, sweet potato, and salad with balsamic vinaigrette	Spaghetti with meat sauce, Caesar salad, and diet cola
Snack	Vegetables with salsa dip	None
Calories	1,638	3,705
Phytochemical Index (PI)**	70	5
Glycemic Load (GL)***	66	182
Potential Health Effects	Improved health; fat loss; lower risk of heart disease, metabolic syndrome, and diabetes	Sugar highs with subsequent hunger and sugar cravings; weight gain; higher risk of heart disease, metabolic syndrome, and diabetes

\*This sample menu may not be representative of all poor eating habits.

\*\*The phytochemical index (PI) is a variety of colorful fruits, vegetables, and legumes, as well as nuts and seeds.

\*\*\*The glycemic index (GI) is a food ranking system based on the rate at which the body converts a fixed serving of food into glucose. A high GI food (typically sugary or more processed carbohydrates) triggers a spike in blood sugar, while a low GI food will cause a small, gradual rise. The glycemic load (GL) not only takes the GI into account but also a typical (or recommended) portion size and fiber content. This is considered a more meaningful way of managing the impact of foods on blood sugar. A GL of <80 per day is considered optimal.

# FLT vs. SAD: Patient Savings

Sample shopping lists and costs per serving for one person.

Meal	FLT	SAD		
Breakfast	UltraMeal Plus 360°, 2 scoops	3.50	1 cup popular brand breakfast cereal	.29
	4 oz. non-fat milk	.16	½ cup 2% milk	.12
			1 sliced banana	.30
Snack	¼ cantaloupe .	.45	12 oz. mocha latte	3.75
	½ cup fresh blueberries	.62	1 blueberry muffin	1.98
	2 Tbsp. walnuts	.40		
Lunch	1 cup split pea soup	1.35	1 medium cheeseburger	1.79
	1 ½ oz. chicken	.57	5.7 oz. medium French fries	1.99
	1 oz. mozzarella	.34	16 oz. small chocolate shake	2.39
	1 low-carb tortilla	.44		
	Lettuce	.10		
	1 slice tomato	.16		
	⅛ avocado	.15		
Snack	UltraMeal Plus 360°, 2 scoops	3.50	12 oz. 2% milk latte	3.25
	4 oz. non-fat milk	.16	1 chocolate chip cookie	2.00
Dinner	6 oz. grilled or poached snapper or cod	2.25	¼ lb. spaghetti noodles	.62
	1 small baked sweet potato or yam	.33	5 oz. ground beef	1.55
	Spinach or Swiss chard	.32	½ cup spaghetti sauce	.50
	1 tsp. coconut or olive oil	.08	1 cup romaine lettuce	.42
	1-2 cups mixed greens	.42	2 Tbsp. Caesar salad dressing	.40
	Diced celery	.10	5 croutons	.10
	½ cup cherry tomatoes	.75	20 oz. diet cola	1.69
	Cucumber slices	.25		
	2 tsp. olive oil	.16		
	1-2 tsp. balsamic vinegar	.11		
	1 apple	.57		
Snack	¼ cup salsa	.43		
	½ cucumber	.38		
	1 stalk celery	.20		
Cost†	\$18.25	\$23.14		

†Homemade variety will cost less per serving. Food items were purchased in the greater Seattle, WA area. Actual costs (in U.S. dollars) for single-serving portions may vary by location and season. Prices do not include any applicable sales tax.