

CHECK IT OUT

Rethink your food habits for affordable and healthy options

Food habits are one of those things that directly affect your lifestyle. These effects are both physical, mental, and last but not least, financial. It's a matter of daily discussion, and regardless of whatever anyone tells you, remember — it's never too late to rethink your food habits.

Let's explore a few substitutes to our daily food habits that are healthy and cheaper:

arguably the cheapest alternative in the market.

Another alternative food is guava which tastes amazing both in its green form and ripe form. Guava can be your apple proxy in fruit salads.

A CHANGE IN COLOURS

For some food items, there is more than one

colour option available to choose from, and often, their prices vary. Sure, sometimes the tastes also differ with the colour but more often than not, one may compromise with the colours for an affordable option.

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ALTERNATIVE INGREDIENTS

Changing the basic ingredients is one of the most cost-friendly ways to rethink the dishes and the options are more than you imagine. All it takes is the willingness to try new things.

For instance, if you love eating bread, you can rethink the very basic ingredients of bread. Did you know that corn flour is a cheaper and healthier alternative to wheat? One can also mix wheat flour with corn flour and make bread that tastes just as good.

Similarly, you can rethink your salad options. Many complain that cucumber is too expensive. You can replace cucumber with green papaya to make salad. On top of that, green papaya is a great curry option that is good for digestion. Cauliflower can be used as a broccoli substitute.

Similarly, there are alternatives for juices. Orange juice is quite easy on the tastebuds, but they are also expensive. A good substitute has to be something that is tasty and healthy at the same time, and easy on your wallet. This is where papaya can come in once again. Ripe papaya juice is great for hydrating yourself and is easy on the stomach. And they are





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