

# 10 BUDGET FRIENDLY HEALTHY FOODS.

## 1. Beans

**Cost:** Canned beans are about 13 cents per ¼ cup serving. Dried beans cost around 9 cents per ounce.

- +Top your salad with garbanzo beans or kidney beans
- +Add black beans to store-bought salsa to create a tasty black bean salsa
- +Stir a can of pinto beans into pasta sauce and stir over whole wheat pasta



[Cooking with Beans](#)

[Bean Recipes](#)

[Mediterranean Diet](#)

## 2. Bananas

**Cost:** About 36 cents each

A Portable source of potassium which helps lower blood pressure

- +Provides 10% of your daily fiber requirement
- +Promotes good gut bacteria (probiotics)



[Freezing Bananas](#)

[Banana Recipes](#)

[Banana Smoothie](#)

## 3. Peanut Butter

**Cost:** Two tablespoons of peanut butter costs about 27 cents

One tablespoon of peanut butter has around 95 calories and 4 grams of protein

- +Look for products limited to 2 ingredients: Dry Roasted Peanuts, Salt.
- +Keep sodium below 125 mg for a 2 Tbsp serving
- +Look for product that are no more than 2 grams saturated fat per serving



## 4. Eggs

**Cost:** 1 egg costs about 11 cents

- +Protein Packed - 6g per large egg
- +Nutrient Dense - Eggs are a good or excellent source of eight essential nutrients.
- + Portion Controlled - Each nutrient-rich large egg has 70 calories. Eggs are nature's form of portion control.



[Eggs 101](#)

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## 5. Canned Tuna

**Cost:** About 27 cents per ounce

- +One five ounce can of tuna packed in water provides approximately 90 calories and 20 grams protein
- +White tuna is higher in Omega's than light tuna
- +Chunk light tuna is preferred over white tuna in pregnancy due to its lower Mercury content
- +Fork Friendly Tip: When purchasing canned tuna, look for products that are no more than 150 mg sodium and 1 gram saturated fat



[How much Mercury is in my fish?](#)

[How much Omega-3 is in my fish?](#)

## 6. Yogurt

**Cost:** Six ounces of yogurt costs about 60 cents

- +Greek yogurt is higher in protein than Traditional yogurt
- +Traditional yogurt typically contains more calcium
- +Choose Saturated Fat free; At least 15% calcium (equal to 1/2 cup milk); Fortified with Vitamin D; Carries the National Yogurt Association Seal



[Live Active Culture Seal](#)

[Yogurt as a Substitute](#)

## 7. Almonds

**Cost:** 55 cents for a one ounce serving

- +A one ounce serving of almonds equates to 23 almonds
- +Nuts contain Heart Healthy Fats PLUS Protein, Calcium, Fiber and Iron
- +Cost Savings Tip: Buy unsalted raw or blanched almonds in bulk
- +Calories: 170 per one ounce serving



[Snacking with Almonds](#)

[Comparing Nuts: Nutrition Facts](#)

## 8. Broccoli

**Cost:** A bunch of broccoli costs around \$2.50

- +1 cup of broccoli contains more vitamin C than an orange
- + To get more for your money, purchase broccoli by the bunch instead of buying crowns
- +Studies have suggested that sulforaphane, the sulfur-containing compound that gives cruciferous vegetables their bitter bite, is also what gives them their cancer-fighting power.



[Cost Savings-  
Summer Produce  
Guide](#)

[Dirty Dozen –  
Highest Pesticide  
Residue](#)

[Pesticide Calculator](#)

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## 9. Frozen Peas

Cost: 23 cents per ½ cup

+Frozen fruits and vegetables are as rich in nutrients, and often more so, than that of fresh-stored produce according to recent studies by the University of California, Davis and the University of Georgia.

+Use What You Need and Freeze the Rest

+Freezing locks in nutrients



**Fruit & Veggies on the Go!**

## 10. Whole Grain Pasta

+Whole grain pasta has the same calories as enriched varieties, but it provides more fiber, protein and vitamins

+Whole grain pasta takes longer to cook than refined varieties of pasta. Be sure to read the instructions

+When looking for 100% whole grain pastas, look for words: WHOLE wheat flour, WHOLE durum wheat, Brown, Black or Wild Rice



**Whole Grain Stamp**

## HEALTHY RECIPE FINDER

Here is a list of Web sites where you can find healthy recipes :

Super Cook  
Cooking Light  
Eating Well  
TAMU Dinner Tonight  
Meals Matter  
Bento Box Lunches  
Smoothie Recipes

