

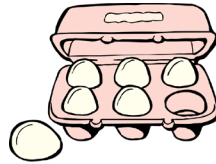


Live Well Allegheny

Healthy Foods for Under \$3

Many people think that eating healthy is expensive. However, there are ways to eat healthy on a limited budget. If you avoid the aisles and the prepackaged food, you can get more nutritious foods and spend less money. Stay near the edges of the store where you can find the fresh produce, dairy products and meat. Look for the fruit and veggies that are less costly per pound and buy lower fat milk to save money.

Eggs: You can get a half-dozen for about a dollar. Whip up an omelet or some egg salad for a protein packed meal at any time of the day.



Oatmeal: Avoid single-serve packets of oatmeal- they cost more and have a lot of added sugar and sodium. Buy a container or plain oatmeal and cook it according to the directions and dress it up with fresh fruits and/or cinnamon to meet your taste!

Potatoes: For around a dollar per pound, potatoes are an inexpensive and excellent source of potassium and vitamin C. Sweet potatoes are even better for you. Bake them and eat the skin to get all the nutrients.

Apples: An easy, on the go snack that you can toss in your bag when you're in a rush. Try dipping apple slices in peanut butter for added nutrition!



Carrots: Take some baby carrots in your lunch as a quick and easy way to add vegetables to your meal.



Tuna Fish: Instead of using ground beef, use tuna to make tacos or quesadillas. Or for a quick lunch make tuna salad for sandwiches.

Bananas: An inexpensive and versatile fruit that can be sliced into cereal and yogurt or blended into a smoothie year-round without breaking your budget!



Garbanzo Beans: Also called chickpeas, you can sprinkle them on a salad or make them into a tasty hummus.

Dried Beans: Buying dried beans are very inexpensive compared to canned beans and do not have the salt of canned beans. Make sure you soak them in water for 7-8 hours before you cook them.

Milk: Chose fat-free or 1% milk because it is less costly than whole milk. For around 20 cents a glass, milk is an inexpensive source of calcium and vitamin D.



Broccoli: Another inexpensive source of calcium! Compare prices of fresh and frozen to get the best deal.

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Beets: Buy them fresh at the farmers' market with the greens attached. Slice and roast the beets in a hot oven and cook the greens with a small amount of water and season to taste.



Whole Grain Pasta: Keep your cupboards stocked with whole grain pasta in different shapes for an easy go-to dinner.

Spinach: Instead of regular lettuce, change things up and make a salad with spinach or steam it lightly for a side dish.



Peanut Butter: Whether you eat it on a sandwich, use it as a dip for apples, celery and bananas or put it on your toast in the morning, peanut butter is full of protein and by keeping portions to a tablespoon, a small jar can last a while.



Coffee: Make it at home to save money and avoid all the sugar and fat that coffee shops add to their coffee. Sprinkle a little cinnamon on top of the coffee before you brew it for some extra flavor.



Butternut Squash: When butternut squash is in season, it costs about a dollar per pound. Packed with vitamin A, butternut squash has a sweet, nutty flavor that is delicious roasted or made into a soup.



Sunflower Seeds: Packed with lots of nutrients, sunflower seeds are good for snacking or sprinkling on salads.

Popcorn: Instead of buying microwave packets that are loaded with salt and butter buy whole kernel popcorn. Put 1-2 tablespoons of oil into a pot and turn the heat to medium. Add about 1/3 cup of kernels and place the lid on the pot. Gently shake the pot over the heat to prevent the kernels from burning. When the popping stops, remove the pot from the heat and let it sit for a minute or two (keep the lid on). Pour popcorn into a bowl and enjoy!



Yogurt: Choose larger containers of plain, lower fat yogurt. Greek yogurt has the benefit of more protein than regular yogurt. Plain Greek yogurt can as a healthy substitute for mayo or sour cream. Spoon out a small portion of yogurt from the larger container to a small bowl and add your own fruit, cinnamon or a little vanilla. Yummy, healthy, and much cheaper than buying the individual cups of yogurt.

For more information about eating healthy on a budget, talk to your local librarian about books such as *The \$7 a Meal Healthy Cookbook*, *Eat Healthy for 50 Dollars a Week* or *Supermarket healthy: recipes & know-how for eating well without spending a lot*

or visit:

<https://www.eatright.org/food/planning-and-prep/smart-shopping/7-ways-to-shop-healthy-on-a-budget>

<https://snaped.fns.usda.gov/nutrition-education-materials/meal-planning-shopping-and-budgeting>

References: *United States Department of Agriculture and Academy of Nutrition and Dietetics*

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