

## Healthy Foods Under \$1

Eating healthy on a budget can seem difficult; but it can be done! Being creative can help you stick to your budget and incorporate nutritious foods into your diet. Try to incorporate some of these healthy foods under \$1 into your weekly menu planning.

### 1. Apples

**Great for:** Snacks, green salads, main dish salads, and fruit salads

**What's a serving?** 1 large apple

**Price per serving:** About \$1. Apples sell for about \$1.99 per pound, and an extra large crisp apple weighs about 1/2 pound.

**Nutrition Info per serving:** About 118 calories, 5.5 grams fiber, 18% Daily Value for Vitamin C, and 7% Daily Value for potassium

### 2. Bananas

**Great for:** Snacks and fruit salads, yogurt parfaits, and smoothies

**What's a serving?** 1 banana

**Price per serving:** About 45 cents. Bananas sell for about \$0.89 per pound, and a large banana weighs about 1/2 pound.

**Nutrition Info per serving:** About 121 calories, 3.5 grams fiber, 14% Daily Value for potassium (487 mg), 20% Daily Value for Vitamin C

### 3. Baby Carrots (in bags)

**Great for:** Snacks, casseroles, stews, veggie platters, and side dishes.

**What's a serving?** About 1/2 cup or 2 ounces raw

**Price per serving:** 19 cents. A 16-ounce bag costs about \$1 on sale and contains about 8 servings (2 ounces each).

**Nutrition Info per serving:** About 21 calories, 2 grams of fiber, and 166% Daily Value for Vitamin A

### 4. Canned Beans

**Great for:** Green salads, casseroles, stews, and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo beans.

**What's a serving?** Each can contains about 3.5 (1/2-cup) servings.

**Price per serving:** About 28 cents. You can buy a 15-ounce can for about \$1 on sale.

**Nutrition Info per serving:** About 108 calories (for kidney beans), 7 grams protein, 7 grams fiber, 12% Daily Value for folate, 8% Daily Value for iron and 9% Daily Value for potassium

### 5. Canned Tomatoes

**Great for:** Italian and Mexican recipes, chili, stew, and casseroles. Flavor options range from no-salt-added sliced stewed tomatoes to diced tomatoes with garlic and olive oil.

**What's a serving?** One can contains about 3.5 (1/2-cup) servings.

**Price per serving:** About 28 cents. You can buy a 14.5-ounce can for about \$1 on sale (often less for store brands).

**Nutrition Info per serving:** About 20 calories, 1 gram fiber, 7% Daily Value of potassium, and 19% Daily Value of Vitamin C

### 6. Oranges (extra large navel oranges)

**Great for:** Snacks, green salads, and fruit salads

**What's a serving?** 1 large or extra large orange

**Price per serving:** 40 cents for a large orange and 79 cents for an extra large orange. Oranges sell for around \$0.79 per pound, and a large orange is about 1/2 pound, whereas an extra large orange is about 1 pound.

**Nutrition Info per serving:** (for an 8 ounce orange): About 86 calories, 4.5 grams fiber, 5 % Daily Value for Vitamin A, 163 % Daily Value Vitamin C, 14 % Daily Value for folate, 7 % Daily Value for calcium, and 10% Daily Value %for potassium

For more information on heart-healthy eating, visit [www.Heart.org/Nutrition](http://www.Heart.org/Nutrition) or contact the American Heart Association at [inquiries@heart.org](mailto:inquiries@heart.org) or (800) 242-8721.

### 7. Pears

**Great for:** Snacks, as an appetizer with cheese, green salads, and fruit salads

**What's a serving?** 1 large pear

**Price per serving:** about 45 cents for a large pear. Pears sell for about \$0.90 per pound, and a large pear weighs about 1/2 pound.

**Nutrition Info per serving:** About 133 calories, 7 grams of fiber, 16% Daily Value for Vitamin C, and 8% for potassium

### 8. Lentils (dry)

**Great for:** Soups and stews, cold bean salads, and casseroles

**What's a serving?** 2 ounces (dry)

**Price per serving:** 14 cents. A 16 ounce bag sells for \$1.12 (on sale) and contains eight servings.

**Nutrition Info per serving:** 200 calories, 15 grams protein, 17 grams fiber, 24% Daily Value for Iron, 17 % Daily Value for magnesium, 16% Daily Value for potassium, and 68% Daily Value for folate

### 9. Pearl Barley (dry)

**Great for:** Soups and stews, cold salads, and casseroles

**What's a serving?** 2 ounces (dry)

**Price per serving:** About 12 cents. A 16 ounce bag of dry pearl barley sells for about \$0.94 and contains about 8 servings.

**Nutrition Info per serving:** 200 calories, 9 grams fiber, 6 grams protein, 8% Daily Value for iron, and 11% Daily Value for magnesium

### 10. Yogurt (plain, low fat, or fat-free)

**Great for:** Smoothies, yogurt parfait, dips, and dressings

**What's a serving?** An 8-ounce or 6-ounce container is usually a serving.

**Price per serving:** 60 cents. This is usually the price for an 8-ounce container of plain fat-free yogurt.

**Nutrition Info per serving:** (for 8 ounces of fat-free plain yogurt): 127 calories, 13 grams of protein, 45% Daily Value for calcium, 11% Daily Value for magnesium, 17% Daily Value for potassium, and 7% Daily Value for folate

### 11. Eggs

**Great for:** omelets, hardboiled, salads

**What's a serving?** 1 medium egg (Limit egg yolks to more than four yolks per week)

**Price per serving:** about 13 cents per egg

**Nutrition Info per serving:** 63 calories, 4g fat, 186mg cholesterol, 62mg sodium, 0g carbohydrates, 6g protein

### 12. Broccoli

**Great for:** steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes, a snack with veggie dip

**What's a serving?** 1 cup raw, ½ cup cooked

**Price per serving:** about 45 cents per serving (\$1.79 per crown, each crown has approximately 4 servings)

**Nutrition Info per serving (raw):** 20 calories, 0g fat, 0mg cholesterol, 19mg sodium, 4g carbohydrates, 2g protein, 43% Daily Value of Vitamin A, 110% Daily Value of Vitamin C

### 13. Sweet Potato

**Great for:** baked, mashed, steamed

**What's a serving?** 1 medium potato (150g-no skin)

**Price per serving:** about 50 cents per potato

**Nutrition Info per serving:** 115 calories, 0g fat, 0mg cholesterol, 41 mg sodium, 27 g carbohydrates, 4g fiber, 2 g protein, 475 % Daily Value of Vitamin A, 32 % Daily Value of Vitamin C

**14. Brown Rice**

**Great for:** stir fry, steamed with veggies

**What's a serving?** ½ cup cooked

**Price per serving:** about 10 cents per serving (\$1.99/bag, about 20 servings per bag)

**Nutrition Info per serving:** 109 calories, 1g fat, 0mg cholesterol, 5 mg sodium, 23 g carbohydrates, 2g fiber, 3g Protein

**15. Snap Peas**

**Great for:** snacking, mixed into brown rice or whole wheat pasta dishes

**What's a serving?** ½ cup cooked or 1 cup raw

**Price per serving:** about 25 cents per serving (99 cents/lb)

**Nutrition Info per serving (cooked):** 34 calories, 0g fat, 0mg cholesterol, 3 mg sodium, 6 g carbohydrates, 2g fiber, 3g protein, 64 % Daily Value of Vitamin C, 16 % Daily Value of Vitamin A, 10 % Daily Value of Iron

**16. Green Tea**

**Great for:** cold or hot beverage

**What's a serving?** 1 tea bag brewed in 1 cup of water

**Price per serving:** about 13 cents per bag (\$2.50 for a box of 20 bags)

**Nutrition Info per serving:** numerous antioxidants, 0 calories, 0mg sodium

**17. Oats**

**Great for:** hot oatmeal, baking

**What's a serving?** ½ cup cooked

**Price per serving:** about 18 cents per serving

**Nutrition Info per serving:** 83 calories, 2g fat, 0mg cholesterol, 5 mg sodium, 14 g carbohydrates, 2g fiber, 3g protein

**18. Spinach**

**Great for:** tossed salads, steamed as a side dish

**What's a serving?** 1 cup raw or ½ cup cooked

**Price per serving:** about 80 cents per serving (based on a \$2.39 pre-packaged bag with 3 servings; \*each serving will be cheaper when purchasing fresh spinach instead of pre-packaged)

**Nutrition Info per serving (raw):** 7 calories, 0g fat, 0mg cholesterol, 24 mg sodium, 1g carbohydrate, 1g fiber, 1g protein, 56 % Daily Value of Vitamin A, 2 % Daily Value of folate, 181 % Daily Value of Vitamin K, 5 % Daily Value of Iron, 3% Daily Value of Calcium