

# Smart Foods



You don't have to break the bank to eat healthy, but you do have to put a little effort into it

## **CANNED BEANS**

\$.16 to \$.40 for just under 1/2 cup  
canned serving depending on brand  
(just over 3 servings per can)

Loaded with 5-7 grams of fiber per serving

Easy to add to salads, soups and other side dishes



## **EGGS**

\$.18 to \$.29 per egg (= 1 ounce  
cooked protein)

Cooks up fast for a quick breakfast  
sandwich or addition to salads



## FRESH FRUIT

\$ .22 per small banana (\$.69 / lb)

\$ .45 per apple (3 lb bag = 10 = \$4.49)

\$ .56 per orange (4 lb bag = 8 = \$4.49)

Already in their own portable containers



## YOGURT

\$.59 to \$1.39 per 6 ounces depending on the type (regular or Greek)

If choosing for probiotics, the container will state the product meets the National Yogurt Association standards for active cultures



## **FROZEN VEGETABLE**

\$ 0.33 per  $\frac{1}{2}$  cup cooked serving

1 lb bag with no waste costs \$1.99  
for West Pack brand = 6 servings



## **WHOLE GRAIN PASTA**

\$.09 per  $\frac{1}{3}$  cup cooked serving (yes it is small but most people eat more than 2 servings)

Barilla Whole Grain (51% whole wheat)  
Spaghetti costs \$1.85 for 16 ounces =  
21 servings



# Save at the Store

Decide how many meals you will eat at home and take for lunch

Plan ahead to use leftovers from meals (roast chicken = chicken salad)

Keep a well stocked pantry, so you always have a way to make a meal

Eat what is in season or buy frozen

Stock up during sales but check expiration dates or freeze

Compare prices and realistic usage to make sure bulk makes sense if you buy in volume

Shop ethnic stores for offbeat recipe items

Eat vegetarian a couple times a week