

Top 10 Healthy and Budget-Friendly Foods



You may think healthy foods are costly. But there are many healthy foods that can fit into your budget. The ten foods listed in this handout will keep your wallet and waistline in check.

Beans

- Beans provide fiber, protein, iron, zinc, and calcium. Dry beans are cheaper than canned. Remember to soak and cook dry beans before using them. Canned beans are a good option when you do not have time to soak dry beans. To cut back on salt, rinse and drain canned beans before using them. Canned beans can last up to a year in the pantry. Save more money by purchasing beans in bulk.
- **Cost:** Canned beans are about 13 cents per $\frac{1}{4}$ cup serving. Dried beans cost around 9 cents per ounce.

Bananas

- Bananas provide vitamin B-6, fiber, potassium, and vitamin C. They make an easy grab-and-go snack or quick topping for yogurt and cereal.
- **Cost:** About 36 cents each.

Peanut Butter

- One tablespoon of crunchy or smooth peanut butter has around 95 calories, 4 grams of protein, and 8 grams of heart-healthy unsaturated fat. Choose natural peanut butter, if possible. It does not have added sugars or fats.
- **Cost:** Two tablespoons of peanut butter costs about 27 cents.

Yogurt

- Plain low-fat or nonfat yogurt is a source of calcium and protein. It can make a good substitute for sour cream or mayonnaise when you want to cut fat in recipes. To save money, buy yogurt in large tubs instead of single-serving containers.
- **Cost:** Six ounces of yogurt costs about 60 cents.



Whole Grain Pasta

- Whole grain pasta has the same calories as enriched varieties, but it provides more fiber, protein, and vitamins. To save money, buy pasta in bulk or look for sales. Whole grain pasta takes longer to cook than refined varieties of pasta. Be sure to read the instructions on the label.
- **Cost:** One ounce of dry whole grain pasta costs about 14 cents.



Frozen Peas

- Peas are full of protein, fiber, and vitamin A. They store well in the freezer and are easy to toss into soups, salads, rice, pasta dishes, and stews.
- **Cost:** Frozen peas cost about 23 cents per ½ cup.

Broccoli

- One 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 only.
- **Cost:** A bunch of broccoli costs around \$2.50.

Almonds

- Almonds are packed with heart-friendly unsaturated fat and the antioxidant vitamin E. To save money, buy unsalted raw or blanched almonds in bulk.
- **Cost:** An ounce of almonds costs about 55 cents.

Eggs

- Eggs make a quick and easy meal at any time. Also, they are loaded with protein, vitamin A, vitamin D, and the antioxidant lutein (which helps promote healthy skin and eyes).
- **Cost:** One egg costs about 11 cents.

Canned Tuna

- Tuna is packed with protein, heart-healthy omega-3 fats, selenium, and B vitamins. It is also the basis for many easy meals. To keep fat in check, choose tuna packed in water, not oil. Chunk light tuna has less mercury (a harmful substance) than white varieties, such as albacore. To save money, buy 12-ounce cans and look for sales.

- **Cost:** About 27 cents per ounce.



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