



Top 10 Healthiest Foods for Under \$1

Per serving, these healthy food choices won't break your budget. The alphabetical list includes a variety of nutrients and members of each food group. Give them a try!

1. Apples
 - a. High in fiber, Vitamin C, antioxidants
 - b. Antioxidants in the skin support heart health.
 - c. Serving: 1 small (4oz); Cost/serving: \$.40-\$.60
 - d. Serving suggestion: Diced as a snack with cheese or sauté with red cabbage.
2. Beans
 - a. High in protein, fiber, folate.
 - b. Fiber helps lower cholesterol levels, keeps blood sugars more stable, and helps with satiety
 - c. Serving: ½ cup cooked; Cost/serving: \$.20-\$.40 (dried & canned)
 - d. Serving suggestion: Add any variety to salads or make hummus and soups.
3. Eggs
 - a. High in protein, choline, and lutein.
 - b. Choline is vital for brain function and health.
 - c. Serving: 1 egg; Cost/serving: \$.17-\$.27
 - d. Serving suggestion: Egg white omelet with vegetables or an egg salad sandwich.
4. Kale
 - a. High in Vitamin K, Vitamin A, Vitamin C, lutein, and calcium.
 - b. Studies show lutein protects against cataracts and phytonutrients may reduce the risk of cancer.
 - c. Serving: ½ cup cooked, 1 cup raw; Cost/serving: \$.99
 - d. Serving suggestion: Combine with whole grain pasta, or add to stir fry, sauces, and soups.
5. Nuts
 - a. High in Vitamin E and protein, as well as monounsaturated fatty acids (the good-for-you-fats).
 - b. Nuts are very nutrient dense, so not many are needed to receive the nutritional benefits.
 - c. Serving: 1 oz; Cost/serving: \$.44-\$.62
 - d. Serving suggestions: Eat as a snack (limit to 1 oz/day) or add to salads.
6. Oats
 - a. High in fiber, antioxidants, selenium.
 - b. Studies show repeatedly they lower cholesterol.
 - c. Serving: ½ cup cooked; Cost/serving: \$.30-\$.44
 - d. Serving suggestion: Make homemade granola, add oat flour to muffins, enjoy oatmeal with nuts and fruit.
7. Potatoes
 - a. Another nutrient dense food. High in Vitamin C, Vitamin B6, potassium, and fiber (with skin).
 - b. Vitamin B6 is active virtually everywhere in the body. Vital for cell development and proper immune function.
 - c. Serving: one small (3-4oz); Cost/serving: \$.16-\$.25
 - d. Serving suggestion: Baked potato with salsa or roasted with olive oil and herbs.

8. Salmon (canned)
 - a. High in Omega-3 fatty acids, Vitamin D, protein and low in saturated fat.
 - b. Omega-3 fatty acids help prevent erratic heart rhythms, make blood less likely to clot and improve cholesterol levels, including triglycerides. They are also essential for brain health, eyes, and mood.
 - c. Serving: 3oz; Cost/serving: \$.65-\$.72
 - d. Serving suggestion: Add to salads, or make salmon burger, tacos, or sandwiches.
9. Whole wheat
 - a. High in fiber, magnesium, and several B Vitamins.
 - b. Magnesium may help lower Type 2 Diabetes risk and helps keep bones strong. Fiber promotes gastrointestinal health.
 - c. Serving: 1 slice; Cost/serving: \$.10-\$.19
 - d. Serving suggestions: whole wheat toast, sandwiches, pasta, pita bread
10. Yogurt
 - a. High in protein, calcium, and probiotics.
 - b. Probiotics reduce inflammation, improving your immune system. Calcium builds and maintains bones & teeth. It may also help lower blood pressure.
 - c. Serving: 6oz; Cost/serving: \$.43-\$.89
 - d. Serving suggestion: Enjoy yogurt as a snack, mix with cereal or granola, or use as a base in salad dressings.

The Dirty Dozen

These 12 popular fresh fruits and vegetables are consistently the most contaminated with pesticides. Consider choosing organic of these foods or scrubbing well and washing with a produce wash.

- Apples
- Bell Peppers
- Celery
- Cherries
- Grapes (imported)
- Nectarines
- Peaches
- Pears
- Potatoes
- Red Raspberries
- Spinach
- Strawberries

