

## Eat Healthy on a Budget

### 20 Healthy, Affordable Foods for about \$1

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- 1 Oats:** High in fiber and good for your cholesterol. A dollar buys a week's worth for breakfast or other foods.
- 2 Eggs:** For about a dollar for a half-dozen, eggs are one of the cheapest sources of protein.
- 3 Greens or Cabbage:** At about a dollar a bunch, this is one of the cheapest vegetables. Great in a stir-fry. 
- 4 Potatoes:** Stay away from fries and chips, and instead eat them baked with the skin on as a good source of vitamin C and potassium. Choose sweet potatoes for an added serving of beta carotene.
- 5 Apples:** Tasty, cheap and filling. Buy bagged apples — you get more for your money! 
- 6 Nuts:** Some nuts like pecans cost more, but peanuts, walnuts and almonds won't break your budget. Eat them plain or sprinkle in salads. Nuts are a great source of healthy fats.
- 7 Bananas:** Shop around for deals, but a dollar can buy you a banana a day. They are great in smoothies, cereal, or with yogurt, and they are a great source of potassium. 
- 8 Beans:** Dry beans are cheapest, but even canned or frozen are a bargain.
- 9 Broccoli:** Easy to make and cheap, broccoli is a no-brainer for any budget.
- 10 Watermelon:** The whole melon costs more than a dollar, but each serving costs only about 20 cents. 

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Many people think that it is expensive to eat healthy. But by using some creativity and using tips such as buying in bulk and taking advantage of weekly sales for items such as fresh fruits and vegetables, it can be done!

**11 Brown rice:** The cost is about the same as white rice, but brown rice keeps you full and satisfied.



**12 Squash:** Yellow and butternut squash are less than a dollar a pound. Great for stir-fry, baked, or in soups.

**13 Whole grain pasta:** A cheap staple for most meals. Pick the whole-grain variety for added nutritional punch.



**14 Sardines:** This little fish is low in mercury and packs tons of nutrition. Mash them with parsley, lemon juice and olive oil for a spread or toss into salads or pizza.

**15 Spinach:** Cheap year-round, packed with nutrition and great in salads or wilted with olive oil and onions.

**16 Tofu:** An inexpensive protein source. Add to smoothies for a protein boost or add to stir-fry.

**17 Milk:** Per serving, milk and many milk products like yogurt are still under a dollar.

**18 Pumpkin seeds:** They are great on salads and as a snack.

**19 Coffee:** Make it at home and save, where it is just 50 cents a cup.



**20 Flank Steak:** This leaner cut can be tough, but if you marinade it overnight in something acidic (orange juice, red wine vinegar) and add dried spices like basil or oregano, it is tender and delicious.

**Southeast Raleigh**  
1001 Rock Quarry Road

**Louisburg**  
111 S. Church Street

**Pediatrics and Dental Center**

(Relocating to 1001 Rock Quarry Road Fall 2015)

**Apex**  
212 South Salem Street

**Fuquay-Varina**  
130 N. Judd Pkwy

Advance Community Health is a nonprofit Community Health Center committed to the health and well-being of our community. We serve everyone: uninsured, Medicaid, Medicare, private insurance.

**!hablamos espanol!**

[www.advancechc.org](http://www.advancechc.org)

**919.833.3111**

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