

12 Healthy Foods for Under \$1.00 (a serving)

Food prices continue to rise. Some people believe that fast foods and packaged foods are the cheapest ways to feed their families. But low cost doesn't have to mean low quality or unhealthy. In fact some of the most affordable foods you can buy are also the best foods to eat. To get the most nutrition for your food dollar shop for basic food items like grains, fruits, vegetables, dairy and meat. Limit expensive packaged foods found in the inside aisles of the grocery store. Going back to the basics can help your family eat healthier and your food dollars stretch a little farther.

Oatmeal



.10¢ per
½ cup

✓ Provides fiber, B vitamins, iron.

Brown Rice



.11¢ per
½ cup*

*price from instant box

✓ Provides fiber, B vitamins, magnesium.

Cabbage



.20¢ per
1 cup

✓ Good source of vitamin C. Add shredded to soups and salads.

Egg



.10¢ per
egg

✓ Good source of high quality protein contains antioxidants

Beans



.19¢ per
½ cup

✓ Provides 7 grams fiber, good source of B vitamins, iron and folate.

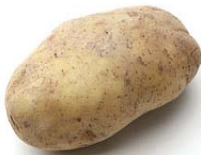
Broccoli



.16¢ per
½ cup

✓ Excellent source of vitamin C and K. Good source of vitamin A and folate.

Potato



.12¢
each

1 medium

✓ Good source of potassium, fiber and vitamin C

Banana



.21¢
each

1 medium

✓ Good source of potassium, fiber, and vitamin B6

Yogurt



.45¢ per
1 cup*

*price from 32 ounce container

✓ Good source calcium, protein and beneficial bacteria.

Apples



.33¢
each

1 medium

✓ Provides 4 grams of fiber and is a good source of vitamin C.

Kale



.25¢ per
½ cup

✓ Excellent source of vitamin A and vitamin K.

Carrots



.15¢ per
½ cup

✓ Excellent source of vitamin A. Add to soups, stews and salads.

Prices updated May 2011