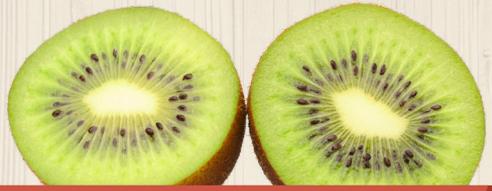




# FRUITS

These fruits pack the most nutrition for the lowest cost



## FRUITS



apricot



avocado



banana



cantaloupe



grapefruit\*\*



honeydew



kiwi



orange juice\*



nectarines  
domestic



papaya



pear



starfruit



tangerine



watermelon



**Peaches** are also nutritious but may have more pesticides than other fruits. Check prices for organic.



\*Limit juice to 1 cup a day. Children should drink less.

\*\*On medicine? Ask your doctor about grapefruit.

## DRIED FRUITS



apricots



california raisins



mango



prunes



**Dried apples** are also nutritious but may have more pesticides than other fruits. Check prices for organic.



Don't overdo dried fruit – it has LOTS of sugar! One serving equals ¼ cup

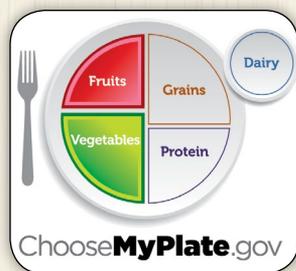
Aim for variety and two servings daily.

- Love lemons. Put **lemon juice** in your salad dressing. Cook fish on a bed of **lemon slices** to add flavor and moisture and keep your pan clean.
- Cut and **freeze fresh fruit** when it's on sale or overripe. Use later in smoothies, oatmeal or yogurt (see recipes on pages 20 & 23). To eliminate clumping, lay pieces on a tray in the freezer or freeze pureed fruit in ice cube trays. When frozen, transfer to a bag.

## SNACK SMART

These healthy snacks average **44 cents** per 1 cup serving—less than a postage stamp—and will power you up.

- **Snack on fruits and vegetables.** You can get your five to nine servings a day for about the cost of a bus ride.
- **Apricots, bananas, pears** and **tangerines** are great for lunch boxes (wrap apricots in a napkin to prevent bruising).
- Make a fruit bowl. Slice up a **kiwi** and chop **cantaloupe, watermelon, papaya** (or have kids do it themselves with a spoon or melon baller) or **starfruit** (kids love the shape) into bite-size pieces. Fill a small container for lunches.
- Try raw **carrots, broccoli** or **snow peas** as an afternoon snack. They are great dipped in hummus or bean dip (see recipe on page 24).





# VEGETABLES

These vegetables pack the most nutrition for the lowest cost



## DARK GREEN



broccoli



mustard greens



collards



parsley



kale



spinach



lettuce   
**romaine**



turnip greens



mixed salad greens

All of these (except broccoli and parsley) may have more pesticides than other vegetables. Check prices for organic.

## RED/ORANGE



calabaza   
**spanish pumpkin**



tomatoes  
**low sodium (salt), canned**



carrots



tomato juice   
**low sodium (salt)**



pumpkin  
**fresh**



sweet potato

Sweet **red** and **green peppers** are also nutritious, but may have more pesticides than other vegetables. Check prices for organic.



## Recipes

1. Crunchy peanut slaw — page 19
2. Make-it-a-meal salad — page 18
3. Step-by-step soup — page 25
4. Tabbouleh — page 20
5. Kid approved roasted veggies — page 19

## STARCHY



corn  
frozen



potatoes\*  
roasted, baked or boiled



lima beans  
fresh



Make room for other vegetables by eating less of these high-carbohydrate vegetables.

## THE REST



alfalfa sprouts



green onions



brussels sprouts



okra  
frozen



cabbage



onions



chayote  
pear squash



snow peas  
fresh



eggplant



zucchini, yellow squash,  
other summer squashes



\*Potatoes and green beans may have more pesticides than other vegetables. Check prices for organic.



Eat more, and eat a variety of vegetables. You can't go wrong with vegetables! Our "best" picks are good to start with, but try other produce, too.

## TOP TIPS

- **Vegetables about to go bad?** Freeze them or make soup (see recipe on page 25).
- Stock up on long-lasting vegetables and store them in a cool, dry place. **Potatoes, carrots, pumpkin, calabaza, and sweet potatoes** taste great for several weeks after you buy them. **Frozen vegetables** and **cabbage** keep well, too.
- Add healthy flavor. Toss **green onions** on stir-fries, dips, rice or soup. Stuff **parsley** in tomatoes, serve over grilled fish or meats, serve with hummus and pita or make tabbouleh (see recipe on page 20).



# GRAINS BREAD, PASTA, RICE AND MORE

These foods pack the most nutrition for the lowest cost



## BREAKFAST CEREAL



oatmeal



shredded wheat



puffed corn



toasted oat cereal



puffed whole grain cereal



### Read the nutrition facts

- **Low sugar:** Pick a whole grain cereal with the lowest sugar content.
- **High fiber:** Try for at least three grams of fiber per serving.
- **Lower sodium (salt):** Look for a cereal with less than 210 mg of sodium per serving.

## BREAD AND PASTA

### Read the nutrition facts

- **Low sodium (salt):** Pick whole grain bread or pasta with the lowest sodium content.
- **High fiber:** Try for at least 2 grams of fiber per serving in bread and 5 grams in pasta.

## RICE AND OTHER GRAINS



barley



bulgur



brown rice

### TOP TIPS

- **Don't be fooled.** Read the label. Make sure the word "whole" is the very first ingredient listed. "Multi-grain" or "wheat" isn't enough. Just because it looks brown, doesn't mean it's whole grain.
- **Start kids off right** with whole grains, not white bread and white pasta. If they're not used to whole grains, mix them in gradually.
- **Buy in bulk and stock up during sales.** Make your own **oatmeal** (see recipe page 20). Packets cost more and are often loaded with salt and sugar. Buy **brown rice** in bulk and mix with white rice if needed to lower cost. Buy **whole grain bread** on sale and save in the freezer.
- Ready for something new? Try **quinoa** instead of rice. Look for it on sale or in bulk.



### Recipes

1. Tasty oatmeal — page 20
2. Chinese veggies and rice — page 21
3. Tabbouleh — page 20
4. Barley stew — page 22



# PROTEIN MEAT, SEAFOOD, BEANS & MORE

These proteins pack the most nutrition for the lowest cost



## SEAFOOD



cod  
**Alaskan or Pacific**



croaker\*



haddock



perch\*



salmon  
**Alaskan or Pacific**



squid



tilapia



tuna\*  
**canned light**



whiting or silver hake

**!** \*Limit croaker, perch and canned light (not albacore) tuna to once a month. These fish may contain industrial pollutants.

**Q** Fresh or frozen wild Alaskan or Pacific salmon are best. Canned salmon is a lower cost alternative.

## BEANS & MORE



black beans



black-eyed peas  
**cowpeas**



chickpeas  
**garbanzo beans**



eggs  
**baked, boiled or poached**



lentils



lima beans



mungo beans



pink beans



pinto beans



red kidney beans



white beans

## NUTS & SEEDS



almonds  
roasted, unsalted



hazelnuts



peanuts  
roasted, unsalted



pecans



sunflower seeds



walnuts

## MEATS



chicken  
remove skin



goat\*



turkey  
light and dark meat, remove skin



\*Goat is the world's most commonly eaten meat. See recipe on page 25.



**Skip processed meat** like hot dogs, sausage and deli meats. They are high in salt and additives. Lean meats have fewer pollutants.

### TOP TIPS

- **Eggs, beans and nuts** are excellent sources of protein and easy to add to almost any dish.
- Add **nuts** to oatmeal, cereal, salads and stir-fries for a healthy, hearty meal. Raw nuts are often cheaper. Roast them for a delicious snack. Nuts stay fresh longer in the freezer.
- Whole or cut-up bone-in **chicken** can be a money saver. Bake extra and use all week. Buy family-size packs on sale and freeze.
- Soak and cook **dried beans** to save money. Canned beans save time, but rinse them before using.



# DAIRY

These dairy foods pack the most nutrition for the lowest cost



## MILK

low-fat dry milk 

non-fat dry milk 

low-fat (1% milk)

non-fat or skim milk

soy milk



### Skip whole milk.

Health experts recommend fat-free or low-fat (1%) milk—as much calcium, with fewer industrial pollutants and calories.

Infants are the exception:

- Children under 1 year old should not drink cow's or soy milk. Breast is best, or formula.
- Children ages 1 to 2 can drink whole cow's milk.
- Children older than 2 should drink low-fat (1%) or fat-free (skim) milk – like the rest of the family. For kids not used to low-fat milk, mix it in gradually.

-  **Not all dairy products are rich in calcium.** Fatty foods like cream cheese, sour cream, cream and butter have little or no calcium and should be used sparingly.



## Recipes

1. Yogurt parfait – Page 23
2. Fruit dip – Page 23
3. Veggie dip – Page 24

## CHEESE

cottage cheese 

queso blanco 

**Puerto Rican white cheese**

queso fresco 

ricotta 

-  Eat less cheese. Low fat **cheddar, Colby, Monterey** and **mozzarella** can have a lot less saturated fat but may have more sodium (salt) and additives.

## YOGURT

non-fat plain yogurt 

-  **Skip flavored "light" and "lite" yogurts**, often loaded with sugar, artificial sweeteners and additives. Add fruit to plain yogurt or cottage cheese.

### TOP TIPS

- **Dry milk powder** plus water makes a low-cost substitute in recipes.
- Freeze **cheese** that starts going bad. Defrosted cheese tastes best melted. Don't buy shredded cheese – shred it yourself.
- Substitute **yogurt** for cream and sour cream in recipes. Drain yogurt in a coffee filter to thicken. To cut cost and packaging waste, buy in large containers and measure out small servings.



# COOKING FATS AND OILS

These oils have the most nutrition for the lowest cost



## OILS

canola oil\* 

corn oil\* 

olive oil\*\*

peanut oil

safflower oil\*\*

soybean oil\* 

sunflower oil\*\*

 \*Looking to avoid GMOs? Check prices for organic.

 \*\*Use these oils to give a flavor boost to salad dressings. Or mix 1 part with 9 parts of cheaper cooking oil for great flavor and nutrition at a lower price.

 **Skip solid and trans fats.** If it's solid at room temperature or the label says trans fats, beware. **Limit** these fats for heart health. Remove chicken skin. **Eat less** beef, pork, cheese, lard, butter, stick margarine, shortening and foods with partially hydrogenated oils.

## TOP TIPS

- Top whole-grain toast with **peanut** or **almond butter**, add sliced **banana** if you like. Or spread **hummus** (see recipe page 24), **black** or **pinto bean dip** or **avocado** on top.
- Make your own cooking spray with a spray bottle and your favorite oil. You'll use less oil and save money.



## Recipes

1. Step-by-step salad dressing. — Page 18



# STAPLES AND SPICES



## STAPLES

These longer-lasting supplies can be bought in bulk or in larger sizes when on sale.

### Used often

honey or brown sugar

peanut butter

soy sauce

**low sodium (salt)**

vinegar

### Handy to have

dijon mustard

stock for soups

**low sodium (salt)**

whole wheat flour

## SPICES

Spices go stale, so they are best bought in small amounts and whole when you can find them. Grinding only what you need (kids love using a mortar and pestle) helps them keep longer—and you don't have to use as much. Ethnic markets often stock spices at good prices. The best way to save on spices: grow your own!

### Used often

salt

pepper

onions

garlic

lemon juice

cinnamon

cayenne pepper

### Handy to have

bay leaves

cumin

rosemary

thyme

vanilla extract

chili powder

dill

fennel

ginger

lime juice

dried oregano

paprika

parsley