



# 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.

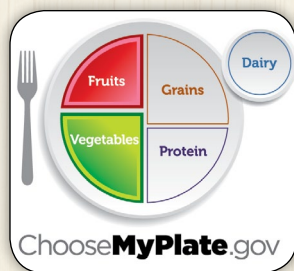
- Love lemons. Put **lemon juice** in your salad dressing. Cook fish on a bed of **lemon slices** to add flavor and moisture and keep your pan clean.
- Cut and **freeze fresh fruit** when it's on sale or overripe. Use later in smoothies, oatmeal or yogurt (see recipes on pages 20 & 23). To eliminate 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).

45¢







# 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