

Methodology for identifying nutritious, affordable foods

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**A** single person relying entirely on the federal Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps, must subsist on \$6.67 per day. Members of a large family on SNAP receive about \$5 a day per person (USDA 2012). The limited food that can be bought with these funds must be as nutritious as possible.

Environmental Working Group's "Good Food on a Tight Budget" project aims to help people with modest food budgets find the healthiest foods.

This analysis is the first comprehensive food-ranking system that considers nutrition, affordability and common contaminants that arise from environmental pollution, processing and packaging.

We have systematically reviewed thousands of foods using a wide range of information compiled from the peer-reviewed literature and from food testing and price surveys conducted by U.S. Department of Agriculture. We rate foods based on a balance of five factors:

- Beneficial nutrients
- Nutrients to minimize (e.g., sodium)
- Price
- Extent of processing
- Harmful contaminants from environmental pollution and food packaging

We present the results in two ways:

- This document describes data sources, methods of analysis and results;
- An easy-to-read consumer guide with shopping tips, easy tools for tracking food prices and planning meals, simple recipes and lists of healthy, affordable foods.

### Overview of Methodology

1. Acquire and link basic datasets on:
  - a. food nutrient content
  - b. food prices
  - c. food groups
  - d. portion size
2. Review and refine the datasets
3. Identify key factors for ranking

4. Rank foods on nutrient content and price
5. Screen top-ranking foods against additional factors: environmental pollutants, packaging chemicals and extent of processing
6. Assemble lists of recommended foods and other content for a consumer guide
7. Secure outside expert review of methods and consumer guide content
8. Conduct consumer focus groups of guide content
9. Adjust and finalize content of the consumer guide based on expert review and focus groups

## 1 – Acquire and link basic datasets

EWG's analysis relies on three downloaded USDA datasets for:

- Nutrient content
- National average prices
- Portion sizes and basic food groups

USDA datasets assign each food a unique code. We used it to create an in-house relational database, essentially combining all three datasets.

**Food nutrient content dataset.** The USDA's Food and Nutrient Database for Dietary Studies (FNDDS version 4.1) is the most complete, reliable, publicly available source of information on the nutrient content of foods (USDA 2010). It contains information for 65 nutrients in 7,174 different foods and 30,907 portion sizes.

USDA draws from its National Nutrient Database for Standard Reference, Release 22 (USDA 2009), for the nutrient data in its FNDDS dataset. This reference is published by USDA's Agricultural Research Service, and contains nutrient data from both published (scientific literature) and unpublished sources – food industry data, other government agencies and research conducted under contracts initiated by USDA's Agricultural Research Service under the National Food and Nutrient Analysis Program, in cooperation with the National Cancer Institute and the National Institutes of Health (Haytowitz 2008).

The FNDDS dataset presents average nutrient amounts per 100 grams of the edible portion of each food in the database (e.g., chicken breast with no bones), either based on laboratory analyses or calculated by USDA experts.

**Food price dataset.** The USDA's Food Prices Database (USDA 2009) is the most comprehensive publicly available source of information on food prices.

The dataset contains national average food prices for 4,634 foods in 2003–2004. Nearly all of these foods – 4,542 altogether – are listed in USDA's nutrient dataset. The USDA is in the process of updating its price dataset.

We used USDA's 2003–2004 price data to rank foods relative to each other, as a surrogate for relative prices in 2012. The USDA documentation accompanying the price database states that the food prices “may be inflated to present day costs by using the Consumer Prices Indexes for individual food items; however, there is not always a good match between a food in the database and a Price Index, so a proxy must be used. Perhaps the database may best be used to see the relative prices of different foods” (Carlson 2008).

USDA's food price database was developed by the USDA's Center for Nutrition Policy and Promotion to help the government establish the amount of money given to people who participate in the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps) (Carlson 2007).

The 4,634 foods in USDA's Food Prices dataset were those consumed by participants in the Center for Disease Control and Prevention's 2003–2004 National Health and Nutrition Examination Survey, the most comprehensive nutrition survey conducted in the United States (CDC 2005).

The USDA dataset derives its average food price data from the Nielsen Homescan™ Consumer Panel, which tracks food purchases from 8,500 households.

**Food group and portion dataset.** EWG's consumer-friendly “Good Food on a Tight Budget” guide presents lists of recommended nutritious and affordable foods for each major food group. To produce these lists, we sorted each of the thousands of foods in our nutrient and price databases into its relevant major food group (e.g., fruit, dairy or proteins). This allowed us to rank foods within each major food group.

We grouped foods using the USDA's MyPyramid Equivalent Database (MPED), which is publicly available from the agency's website (Bowman 2008). For each food in the FNDDS database, the MPED dataset specifies a food group from USDA's MyPlate – either fruits, vegetables, grains, protein foods, dairy and oils.

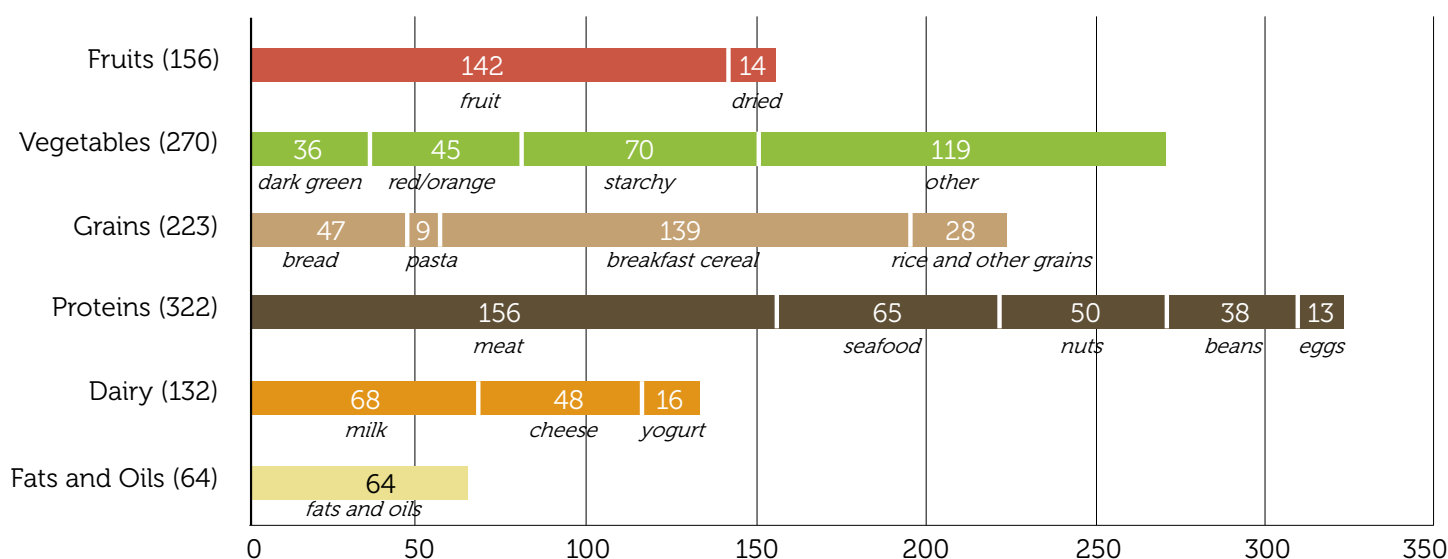
## 2 – Review and refine the datasets

We reviewed the USDA datasets and made four refinements:

**Non-specific foods.** We excluded 124 non-specific foods from the nutrient dataset. USDA researchers include these foods, designated as “not further specified” or “not specified,” to cover cases where study participants are not able to give specifics for a particular food they ate, for instance, whether the milk they drank for lunch was skim or whole. In these cases, USDA creates a non-specific food (e.x., milk, NFS) that is the average nutrient level for all varieties combined. These non-specific foods are not useful in our analysis, which focuses on providing recommendations for specific food types.

**“Combination” foods.** We excluded from our analysis 5,548 “combination” foods listed in USDA's nutrient dataset. These foods often combine ingredients from different food groups, like fruit parfaits that include ingredients in the fruit and dairy groups. We found that these combination foods have complex nutrient profiles that are not easily compared and ranked one against another. Additionally, we found that many of these foods are highly processed and contain many artificial additives and high levels of sodium, factors that would exclude them from our lists of recommended foods. We chose instead to focus our analysis on the basic ingredients themselves – the berries and yogurt – each separated into its single, relevant food group. By focusing on basic ingredients, we were able to develop lists of recommended, simple foods that can be combined in many ways, using many different recipes, to create healthier “combination” foods. We also excluded 219 baby foods and 119 infant formulas, because our recommendations are not intended as a guide for an infant's diet. Additionally, we excluded meal replacements and supplements, which we considered to be “combination” foods not appropriate for this analysis.

**Table 1: Breakdown of the 1,167 foods in EWG's analysis**



Source: EWG compilation of foods and their relevant food groups from USDA's MyPlate (USDA 2011)

**Sodium adjustments.** USDA's nutrient dataset gives sodium amounts for both fresh and cooked vegetables and grains. But the sodium levels for all cooked vegetables and grains are cooked with salt. EWG's ranking method includes the goal to reduce sodium, and none of USDA's cooked vegetables or grains made the cut in our original rankings, even though the foods were otherwise perfectly healthy choices. To broaden the choices for our recommended lists, we updated the sodium values in USDA's nutrient dataset to correspond to cooking without salt. We found sodium information for vegetables and grains cooked without salt from the USDA's National Nutrient Database for Standard Reference, Release 24 (USDA 2011d), which is a newer release of the same data source that is used to calculate nutrient values for the FNDDS dataset. We used the "cooked without salt" sodium values to rank the foods in lieu of the original sodium values in the USDA nutrient data.

**Adjustments to account for portion size.** Within each food group we ranked foods based on the nutrient content of similar portion sizes. We obtained portion size information from the MyPyramid Equivalent Database dataset (Bowman 2008) and USDA's MyPlate (USDA 2011c). For example, within the food group "Protein," the nutrient content of ¼ cup of cooked beans is compared to the nutrient content of 1 ounce of cooked chicken. Prior to ranking, we converted nutrient values and prices in our dataset to correspond to the appropriate portion size for each food.

**Alternate method for obtaining food prices and nutrient values for "missing" foods.** We found a

few popular foods were missing from the ranked food tables and our dataset. The final dataset did not contain prices (and/or) nutrient values for greek yogurt, tilapia, quinoa and some oils. We felt that these foods were popular enough that some people would want to see where these foods ranked. Nutrient values for tilapia, quinoa, and the oils were available from the USDA's National Nutrient Database for Standard Reference, Release 24 (USDA 2011d), but prices were not. We used the online grocer, Peapod, to calculate a proxy price. Some prices for oils were not available from Peapod, so we used prices available from amazon.com. The ranked food tables, included in the appendix, note where and when proxy prices were used and the source of the prices. For greek yogurt, we contacted a popular commercial yogurt producer to obtain nutrient values.

**Final dataset.** Our final dataset included 1,167 foods, divided into 6 major food groups and 19 subgroups as shown in table 1.

### 3 – Identify key nutrient factors for ranking

The 2005 Dietary Guidelines for Americans were the first to embrace the concept of nutrient density and encouraged Americans to select nutrient-dense foods: or foods that contain substantial amounts of essential vitamins and minerals and other beneficial substances with relatively few calories. The USDA considers all vegetables, fruit, whole grains, seafood, eggs, beans

**Table 2: Key Nutrient Table**

	Fruits	Vegetables	Grains <sup>^</sup>	Dairy	Proteins	Cooking Fats and Oils
<b>Beneficial nutrients</b>						
Vitamin A		●				
B Vitamins			●		●	
Vitamin C	●	●				
Vitamin D				●		
Vitamin E					●	●
Protein				●	●	
Dietary fiber	●	●	●			
Calcium				●		
Folate	●	●	●			
Iron			●		●	
Magnesium			●		●	
Potassium	●	●		●		
Selenium			●			
Zinc					●	
Monounsaturated fats						●
Omega-3 fatty acids					●	●
<b>Nutrients to minimize</b>						
Saturated fat				●	●	●
Sodium		●	●	●	●	●
Total sugar	● <sup>**</sup>		●	●		

and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry – when prepared without adding solid fats or sugars – [to be] nutrient dense foods (USDA and HHS 2010). However, the USDA has not proposed or indicated a preferred metric with which to objectively identify these foods.

Nutritionists and public health experts have proposed numerous algorithms that attempt to objectively quantify the relative nutritional value of foods. These nutrient-scoring systems include peer-reviewed systems like the Nutrient Rich Foods Index (Drewnowski 2009), popularly published systems like the Aggregate

Nutrient Density Index (Whole Foods 2012), which Whole Foods has adopted, and patented systems such as NuVal (Katz 2010).

Our ranking system builds on previous academic research to rank foods on nutrient density and then screen for affordability; it is this combination that lies at the heart of EWG’s Good Food on a Tight Budget project. Drewnowski conducted a similar analysis in 2010, but ours is the first to translate the results for a consumer audience (Drewnowski 2010).

Our ranking system is based in part on key nutrients selected for each food group, some considered benefi-

cial and some that should be minimized in the diet. Each food group differs in the key beneficial nutrients it provides to the diet. For example, foods in the fruit group—in general—are a “good source” of potassium, but do not contribute much calcium to the diet. The USDA has identified the key beneficial nutrients for each food group (Health Benefits and Nutrients) in its MyPlate consumer guidance (USDA 2011b). We used the USDA’s key beneficial nutrient selections to rank foods within each food group, in lieu of using a selection of universal beneficial nutrients across all food groups as other researchers have done (Drewnowski 2009, Darmon 2009).

To expand upon the earlier example, the USDA has identified that fruit contributes a significant amount of potassium, fiber, vitamin C and folate to the American diet (USDA 2011b). We ranked fruits on these 4 beneficial nutrients. However, when ranking foods in the vegetable group, we used 5 beneficial nutrients: vitamin A, vitamin C, fiber, folate, and potassium.

Our ranking system includes three nutrients to minimize in the diet – saturated fats, total sugars, and sodium – consistent with the 2010 Dietary Guidelines for Americans chapter on Foods and Food Components to Reduce, which stress the importance of reducing these constituents in the diet (USDA and DHHS 2010). Our external reviewers noted that total sugars are different from added sugars. We agree, and used total sugar as a proxy for added sugars in this analysis. Future analysis will make use of the available data sources for added sugars. This was beyond the scope of this analysis. See table 2.

\*Sources for identifying “key nutrients”: 2010 Dietary Guidelines for Americans (USDA and HHS 2010) and USDA’s MyPlate Food Group Health Benefits and Nutrients (USDA 2011b)

\*\* We ranked fruits 2 ways, first with all 5 nutrients noted above for fruit, and second without sugar as a limiting factor. The results of the 2 ranking methods were similar, except that without a constraint on sugar, fruit juices rose to the top ranks. Consistent with most dietary guidance recommending whole fruit over juice, we rely on the results of the first method in our final recommendations in the Good Food on a Tight Budget guide.

^ As suggested by expert reviewers, we did not use the ranked grain tables to recommend breads or pastas. We used the ranked grain tables to inform our cereal and rice and other grains recommendations only. This decision is further discussed in section 5.

## 4 – Rank foods on nutrient content and price

We ranked foods using the following procedure:

### Calculate nutrient content rank for each food

- Rank foods within a food group – Foods were compared using the same MyPlate portion size for each food within the food group (USDA 2011c). We assigned numeric ranks for foods within each food group, with a separate rank assigned to each nutrient in each food, as described below (“n” is the total number of foods in each group):
  - We ranked beneficial nutrients from 1 (highest nutrient level in the food group) to n (lowest nutrient level in the food group).
  - We ranked nutrients to minimize from 1 (lowest nutrient level in the food group) to n (highest nutrient level in the food group).
- Calculate the average rank for each food – We calculated the average beneficial-nutrient ranking and the average nutrients-to-minimize ranking for each food (a simple arithmetic average).
- Calculate the overall nutrient content rank for each food – We calculated an overall rank for each food, within its food group, as the sum of the average beneficial-nutrient ranking and 1.5 times the average nutrients-to-minimize ranking. We over-weighted the nutrients-to-minimize ranking based on professional judgment, from review of food rankings we obtained using a variety of trial weighting factors. Without the overweighting factor several foods achieved a high rank but contained what we judged to be an unacceptably high level of one of the nutrients to minimize.
- “Bin” each food into three groups, for each nutrient used in ranking – For each nutrient used in ranking, we “binned” the ranked foods into three evenly divided groups – green, yellow and red – corresponding to the best-ranked, middle-ranked and worst-ranked third of the foods. We did this to provide a strong (color-coded) visual aid for the ranked food tables, and to serve as a guide in our final selections of recommended foods.



**Example of nutrient ranking calculations.** This procedure gives a rank of 27 for avocado (in the fruit group). In this group, the beneficial nutrients we consider are fiber, potassium, vitamin C and folate. Only one nutrient to minimize is included – total sugar. Of the 142 fresh fruits we assessed, avocado had the lowest sugar content (rank 1), the 6th highest fiber content, the 6th highest potassium content, the 83rd highest vitamin C content and the 5th highest folate content. The total weighted score was calculated as:

The average beneficial-nutrient rank =  $(6 + 6 + 83 + 5)/4 = 25$

The average nutrients-to-minimize rank = 1

The overall nutrient content rank =  $25 + (1 \times 1.5) = 26.5$  (rounded to 27)

Bins: overall nutrient content rank (green), folate (green), Vitamin C (yellow), potassium (green), fiber (green), sugar (green)

See Table 3 on page 10 for Sample Ranked Food Table. (See the appendix for all nineteen ranked food tables).

### Calculate price rank for each food

We ranked foods in each food group by price per serving, from low to high, using the food price data source described previously. As we did for the nutrient rankings, we binned foods into three evenly divided groups – green, yellow and red – corresponding to the lower, mid-range and higher prices per serving for each food group.

## 5 - Screen top-ranking foods against additional factors: environmental pollutants, packaging chemicals and extent of processing

EWG reviewed the top-ranked foods in each ranked table, considering three factors:

- Overall nutrient rank
- Price rank
- Distribution of rankings for the individual factors (the number red “bins” for individual ranking factors)

We developed a preliminary list of recommended (top-ranked) foods based on the following criteria:

- We sorted foods based on the overall nutrient content rank.
- We aimed for a recommended food list of 10 items per food group, with a minimum of 5.
- We excluded foods in the following groups:
  - In the priciest third for the group (foods a “red” rating for price).
  - With any nutrient-to-minimize in the “red” rating category (worst third for the food group).
- We excluded foods that were highly processed, as described below.
- We excluded additional foods based on an assessment of the potential for harmful contaminants from environmental pollution and food packaging, as described below.

**Minimizing Processed Foods.** The USDA defines processed foods in its final rule on Geographic preference option for the procurement of unprocessed agricultural products in child nutrition programs. The rule states that “any processing method that alters the inherent character of the agricultural product” is to be considered processed (USDA 2011a). EWG reviewed top-rated foods for degree of processing. We excluded foods from our final lists of recommended foods that met the USDA’s definition of a processed food (e.x., margarine), with the exception of foods like bread, cheese, yogurt and cold cereals.

**Screening against contaminants and food packaging chemicals.** We screened top-rated foods against six additional factors and adjusted our lists of recommended (top-rated) foods accordingly:

- **Typical pesticide contamination.** We noted foods that are among the 12 fruits and vegetables most commonly contaminated with significant amounts of multiple pesticides, from EWG’s evaluation presented in the “Shoppers Guide to Pesticides in Produce” (EWG 2011b). We added a note encouraging consumers to keep an eye out for organic versions of these foods on sale.
- **Mercury in seafood.** We excluded types of seafood that tend to contain mercury in amounts that,

if consumed often, would lead to blood mercury levels above the EPA's safe level (the reference dose), as defined in EWG's analysis from our "Brain Food" study (EWG 2001). Our guide also reflects ocean-friendly choices (MBA 2012 and EDF 2012).

- **BPA in canned food.** EWG has tested canned foods and found detectable amounts of the synthetic estrogen and can-lining ingredient BPA. EWG recommends that consumers minimize canned foods, to help reduce exposures to BPA (EWG 2007 and Noonan 2011). We did not categorically exclude canned foods in our analysis, since they can be affordable and in moderation are a good option for people on a tight budget, but instead included a note about canned foods and BPA in our consumer guide.
- **Persistent, bioaccumulative toxins (PBTs) in fatty meat, fish and dairy products.** PBTs include such hazardous compounds as dioxins and PCBs. They are ubiquitous and persistent in the environment, and build up in the food chain, particularly fatty meat and dairy foods (EWG 2011a). We excluded these foods from our recommended food lists to help people cut their exposures to these chemicals (EDF 2012).
- **Meat and climate change.** We reviewed our top-rated foods against EWG's comprehensive assessment of carbon emissions associated with the production of a range of meats and meat alternatives (EWG 2011a). Our booklet encourages consumers to choose most of their proteins from foods with lower greenhouse gas emissions.
- **Organic versus conventional.** Many of our top-rated options are available in the organic section of stores. Organic foods are grown without the use of synthetic pesticides and fertilizers, so they are a more environmentally sustainable option and also decrease consumers' exposure to pesticides. But organic foods are also usually more expensive. We do not restrict our lists of recommended foods to organic varieties. Instead, in the consumer booklet that accompanies this project we recommend that consumers look for affordable organic options in their store or at the farmers' market, and buy it when they can.

- **Whole grain screen.** The ranked grain tables are included in the appendix, however, we didn't use these tables to inform the bread and pasta sections of the guide, as the nutritional profile of breads and pastas depend largely on the individual manufacturer's recipe. Instead, our consumer recommendations guide users to choose whole-grain, low-sugar and low-sodium options from this group, as opposed to advice specific to particular foods within the group. This screen was suggested by expert external reviewers.

In the appendix of this document we include the ranked food tables showing all of the rankings and top-rated food selections for each major food group.

## 6 - Assemble preliminary lists of recommended foods and other content for a consumer booklet

EWG developed preliminary content for the consumer guide based on the results of the analyses described above. The guide is organized by major food group, and includes lists of top-rated foods, general tips for healthier eating, easy tools to track food prices and plan meals and some simple recipes from EWG's nutritionist and experts at Share Our Strength, a national non-profit working to end childhood hunger.

## 7 - Outside expert review of methods and consumer guide content

After assembling a draft consumer guide we sent our materials out for expert review. We thank those who reviewed and provided valuable feedback on the consumer guide and methodology:

- **Parke Wilde**, Associate Professor, Nutrition, Tufts University
- **Joseph Llobrera**, PhD candidate Tufts University
- **Natalie Valpiani**, PhD candidate Tufts University

- **Chef Gregory Silverman**, Senior Manager of Educational Outreach, Share Our Strength's Cooking Matters
- **Jill Panichelli**, Manager of Program Development, Share Our Strength's Cooking Matters
- **Laura Seman**, Senior Manager of Program Development and Evaluation, Share Our Strength's Cooking Matters
- **Michelle Berger Marshall**, Director of Nutrition, Feeding America
- **Heather Hartline-Grafton**, Senior Nutrition Policy Analyst, Food Research and Action Center
- **Madeleine Levin**, Senior Policy Analyst, Food Research and Action Center
- **Sharon Feuer Gruber**, Nutrition Consultant, Bread for the City
- **Hannah Lupien**, Food Policy Strategist, West Side Campaign Against Hunger
- **Chef Ann Cooper**, Chef and Advocate, Food Family Farming Foundation

## 8 - Adjust and finalize content of the consumer guide based on steps 8 and 9 (expert review and focus groups)

After expert review by academics, government analysts, and anti-hunger professionals, our consumer guide was refined to incorporate the feedback we received. A draft of the consumer guide was produced and presented for feedback to a focus group of nine clients of Southeast DC's Bread for the City. The booklet was further refined to incorporate the changes recommended by the focus group participants.

We may revise this guide when we obtain significant new information. For example, the USDA is currently preparing an updated food price dataset that we can include in future revisions. Additionally, we may conduct additional focus groups with our intended audiences or we may obtain food prices from other sources to supplement the USDA food price dataset.

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# Appendix 1: Ranked Food Tables

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# Key to Ranked Food Tables

**[Bold and Black]** = food met price, nutrition, processing and chemical contamination screen.

**[Bold and Grey]** = food met price, nutrition, processing and chemical contamination screen, but was excluded for technical reasons (noted in final column).

**[Bold, Italicized and Grey]** = food met price and nutrition, but did not pass processing or contamination screen.

[Grey] = food did not meet price or nutrition screen.

- = top ranking third
- = mid-ranking third
- = lowest-ranking third

### Table 3: Fruit from EWG's Good Food on a Tight Budget Analysis

Serving Size: 1 cup

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugars (g)	Fiber (g)	Potassium (mg)	Vitamin C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Avocado, raw, mashed	0.91	25	2	15	1116	23	186	No, cost excludes.
Avocado, raw, sliced	0.58	27	1	10	708	15	118	Yes.
Avocado, raw, cubes	0.60	27	1	10	728	15	122	Yes.
Lemon, raw, sections	0.97	50	5	6	293	112	23	No, cost excludes.
Strawberries, raw, pureed	1.15	62	11	5	355	136	56	No, cost excludes.
Raspberries, frozen, unsweetened	3.51	66	11	16	340	46	50	No, cost excludes.
Papaya, raw, mashed	0.89	66	14	4	591	142	87	No, cost excludes.
Strawberries, frozen, unsweetened	0.86	67	10	5	327	91	38	No, cost excludes.
Papaya, raw, cubes	0.54	68	8	3	360	87	53	Yes.
Guava, raw	0.89	70	15	9	688	377	81	No, cost excludes.
Raspberries, red, raw	1.73	70	5	8	186	32	26	No, cost excludes.
Blackberries, raw	1.78	323	7	8	233	30	36	No, cost excludes.

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

**Table 1: Fruit from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugars (g)	Fiber (g)	Potassium (mg)	Vitamin C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Avocado, raw, mashed	0.91	25	2	15	1116	23	186	No, cost excludes.
<b>Avocado, raw, sliced</b>	0.58	27	1	10	708	15	118	Yes.
<b>Avocado, raw, cubes</b>	0.60	27	1	10	728	15	122	Yes.
Lemon, raw, sections	0.97	50	5	6	293	112	23	No, cost excludes.
Strawberries, raw, pureed	1.15	62	11	5	355	136	56	No, cost excludes.
Raspberries, frozen, unsweetened	3.51	66	11	16	340	46	50	No, cost excludes.
Papaya, raw, mashed	0.89	66	14	4	591	142	87	No, cost excludes.
Strawberries, frozen, unsweetened	0.86	67	10	5	327	91	38	No, cost excludes.
<b>Papaya, raw, cubes</b>	0.54	68	8	3	360	87	53	Yes.
Guava, raw	0.89	70	15	9	688	377	81	No, cost excludes.
Raspberries, red, raw	1.73	70	5	8	186	32	26	No, cost excludes.
Blackberries, raw	1.78	72	7	8	233	30	36	No, cost excludes.
Strawberries, raw, sliced	0.83	73	8	3	254	98	40	No, cost excludes.
<b>Lemon juice, freshly squeezed</b>	0.55	76	6	1	303	112	32	No, not commonly consumed in this form.
Lime juice, freshly squeezed	1.41	79	4	1	283	73	24	No, cost excludes.
Strawberries, raw, halves	0.76	80	7	3	233	89	36	No, cost excludes.
<b>Rhubarb, raw, diced</b>	0.69	83	1	2	351	10	9	No, not commonly consumed in this form.
Strawberries, raw, whole	0.72	82	7	3	220	85	35	No, cost excludes.
<b>Kiwi fruit, raw</b>	0.45	86	16	5	552	164	44	Yes.
<b>Carambola (starfruit), raw, cubes</b>	0.59	85	5	4	182	47	16	Yes.
<b>Carambola (starfruit), raw, sliced</b>	0.47	90	4	3	144	37	13	Yes.
<b>Lemon juice, canned or bottled</b>	0.55	92	6	1	249	61	24	No, not commonly consumed in this form.
<b>Lemon juice, frozen</b>	0.35	94	6	1	217	77	24	No, not commonly consumed in this form.
Boysenberries, frozen	0.77	96	9	7	183	4	83	No, cost excludes.
<b>Cantaloupe (muskmelon), raw, diced</b>	0.46	99	12	1	417	57	33	Yes.
Lime juice, canned or bottled	1.43	98	3	1	185	16	20	No, cost excludes.
<b>Cantaloupe (muskmelon), raw, balls</b>	0.53	101	14	2	473	65	37	Yes.
Guava, raw	1.31	105	22	13	1017	557	120	No, cost excludes.
<b>Cranberries, raw, whole</b>	0.51	105	4	5	85	13	1	No, not commonly consumed in this form.
<b>Cranberries, raw, chopped</b>	0.56	107	4	5	94	15	1	No, not commonly consumed in this form.
Orange, raw, sections	1.17	110	17	4	326	96	54	No, cost excludes.
<b>Honeydew melon, raw, diced</b>	0.67	111	14	1	388	31	32	Yes.
Honeydew melon, raw, balls	0.70	115	14	1	404	32	34	No, cost excludes.
Grapefruit and orange sections, raw	0.97	116	17	4	341	93	41	No, cost excludes.
Strawberries, raw, with sugar	0.73	115	15	3	220	85	35	No, cost excludes.
<b>Apricot, raw, halves</b>	0.58	116	14	3	401	16	14	Yes.
<b>Apricot, raw, sliced</b>	0.61	122	15	3	427	17	15	Yes.
Tangelo, raw	1.60	122	23	6	443	130	74	No, cost excludes.
Strawberries, raw, with sugar	0.83	124	17	3	252	97	40	No, cost excludes.
<b>Grapefruit, raw</b>	0.66	127	16	3	320	79	23	Yes, people on medicine should ask their doctors about limiting grapefruit.
<b>Nectarine, raw</b>	0.41	126	11	2	287	8	7	Yes, domestic nectarines. Imported nectarines are among the 12 most pesticide-contaminated types of produce (EWG 2012).
<i>Peach, cooked or canned, unsweetened, water pack</i>	0.48	131	12	3	242	7	7	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<b>Banana, raw</b>	0.24	132	18	4	537	13	30	Yes. Lowest Cost Recommendation.
<i>Peach, raw, sliced</i>	0.39	134	13	2	293	10	6	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
Blackberries, frozen	0.86	137	16	8	211	5	51	No, cost excludes.
<i>Peach, raw, diced</i>	0.43	138	14	3	319	11	7	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
Peach, frozen, unsweetened	1.15	138	21	4	428	236	10	No, cost excludes.

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugars (g)	Fiber (g)	Potas-ium (mg)	Vitamin C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
<b>Orange juice, freshly squeezed</b>	0.27	139	21	0	496	124	74	Yes. Health experts recommend that everyone limit their juice intake (AHA 2006).
Fruit cocktail or mix, frozen	0.79	139	20	5	350	12	24	No, cost excludes.
<i>Orange, mandarin, canned or frozen, drained</i>	0.37	142	16	2	257	64	9	No, not commonly consumed in this form (frozen) and we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
<b>Orange juice, with calcium added, canned, bottled or in a carton</b>	0.28	141	21	1	441	83	47	Yes. Health experts recommend that everyone limit their juice intake (AHA 2006).
Blueberries, frozen, unsweetened	0.90	143	13	4	84	4	11	No, cost excludes.
<b>Tangerine, raw</b>	0.61	142	21	4	324	52	31	Yes.
Pineapple, raw	1.39	145	16	2	180	79	30	No, cost excludes.
<b>Pear, raw</b>	0.33	144	15	5	179	6	11	Yes.
<b>Orange juice, canned, bottled or in a carton</b>	0.14	143	21	1	443	84	47	Yes. Health experts recommend that everyone limit their juice intake (AHA 2006).
<b>Watermelon, raw, diced</b>	0.26	146	9	1	170	12	5	Yes.
<b>Watermelon, raw, balls</b>	0.26	147	10	1	172	12	5	Yes.
Blueberries, raw	0.96	152	15	4	114	14	9	
Apple, raw, sliced	0.24	153	11	3	118	5	3	
Apple, raw, quartered or chopped	0.27	155	13	3	134	6	4	
Watermelon juice	0.40	157	15	1	267	19	7	
Plum, raw	0.47	160	16	2	259	16	8	
Blackberry juice	0.48	160	19	0	338	28	25	
Strawberry juice	0.46	163	18	0	320	27	24	
Banana, raw	0.36	165	28	6	806	20	45	
Grapefruit juice, freshly squeezed	0.31	165	22	0	400	94	25	
Grapefruit juice, canned, bottled or in a carton	0.14	167	22	0	378	72	25	
Cherries, sweet, raw (Queen Anne, Bing)	0.73	166	20	3	342	11	6	
Orange juice, frozen, with calcium added (reconstituted with water)	0.18	175	27	0	478	98	110	
Orange juice, frozen (reconstituted with water)	0.18	177	27	0	478	98	110	
Pineapple juice	0.30	177	25	1	325	110	45	
Mango, raw	0.48	182	24	3	257	46	23	
Banana chips	0.49	186	25	6	386	5	10	
Tangerine juice, canned	0.71	188	24	0	440	73	12	
Grapefruit juice, frozen (reconstituted with water)	0.21	188	24	0	333	83	10	
Papaya, cooked or canned, in sugar or syrup	0.46	188	22	2	205	27	17	
Apple, baked, unsweetened	0.44	188	21	5	194	7	4	
Applesauce, stewed apples, unsweetened	0.26	192	16	2	127	2	5	
Apricot, cooked or canned, juice pack	0.59	191	24	4	375	11	5	
Fruit smoothie drink, made with fruit or fruit juice only (no dairy products)	0.32	194	26	2	321	32	25	
Apricot, cooked or canned, juice pack	0.63	198	26	4	403	12	5	
Peach, cooked or canned, juice pack	0.49	202	26	3	320	9	8	
Apple chips	0.48	203	18	3	127	0	0	
Grapes, raw	0.48	207	23	1	288	16	3	
Fruit juice blend, 100% juice	0.25	208	26	1	280	161	5	
Passion fruit juice	0.72	214	34	0	687	59	20	
Pear, cooked or canned, juice pack	0.48	213	24	4	234	4	2	
Applesauce, stewed apples, unsweetened	0.37	213	23	3	181	2	7	
Applesauce, stewed apples, sweetened with low calorie sweetener	0.37	213	23	3	181	2	7	
Cherries, sweet, cooked or canned, juice pack	2.33	216	31	4	328	6	10	
Apple juice	0.20	221	24	0	250	26	0	
Pineapple, cooked or canned, in light syrup	0.44	225	32	2	265	19	13	
Fruit cocktail, cooked or canned, juice pack	0.46	226	26	2	225	6	7	
Raspberries, frozen, with sugar	1.75	233	54	11	285	41	65	
Orange juice, frozen, not reconstituted	0.71	235	106	2	1914	392	440	
Grapefruit, canned or frozen, in light syrup	0.70	238	38	1	328	54	23	
Strawberries, frozen, with sugar	0.99	237	54	5	250	103	26	
Banana nectar	0.45	238	36	2	315	8	18	



Food	Price (\$)	Overall Nutrient Content Rank	Total Sugars (g)	Fiber (g)	Potassium (mg)	Vitamin C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Peach, cooked or canned, in light or medium syrup	0.49	237	33	3	243	6	8	
Mango nectar	0.34	239	31	1	60	38	18	
Pineapple, cooked or canned, juice pack	0.44	240	36	2	304	24	12	
Apricot, cooked or canned, in light syrup	0.62	240	36	4	331	6	5	
Strawberries, cooked or canned, in syrup	1.09	243	55	4	218	81	71	
Apricot, cooked or canned, in light syrup	0.66	243	38	4	349	7	5	
Peach, frozen, with sugar	1.15	245	55	5	325	236	8	
Pear, cooked or canned, in light syrup	0.49	246	30	4	164	2	2	
Cherries, sweet, cooked or canned, in heavy syrup	1.34	248	41	4	367	9	10	
Apple, cooked or canned, with syrup	0.75	251	30	4	143	0	0	
Sorbet, fruit, noncitrus flavor	0.82	251	35	2	106	19	14	
Cranberry juice, 100%, not a blend	0.30	252	31	0	195	24	3	
Guava nectar	0.32	253	37	2	138	58	10	
Fruit cocktail, cooked or canned, in light syrup	0.47	252	34	2	215	5	7	
Applesauce, stewed apples, with sugar	0.31	254	30	2	153	3	2	
Grape juice	0.33	258	36	1	263	63	0	
Orange, mandarin, canned or frozen, in light syrup	0.49	259	39	2	197	50	13	
Applesauce with other fruits	0.39	261	40	3	205	16	8	
Cantaloupe nectar	0.33	262	39	1	240	26	10	
Prune juice	0.36	263	42	3	707	10	0	
Peach nectar	0.33	263	33	1	100	13	2	
Pineapple, cooked or canned, in heavy syrup	0.45	264	43	2	264	19	13	
Apricot, cooked or canned, in heavy syrup	0.67	264	51	4	361	8	5	
Apricot nectar	0.39	265	35	2	286	2	3	
Cranberry-orange relish, uncooked	2.47	267	110	8	206	55	17	
Apricot, cooked or canned, in heavy syrup	0.62	268	48	4	336	7	5	
Papaya juice	0.40	271	34	1	77	7	5	
Papaya nectar	0.41	271	35	2	78	8	5	
Lychee, cooked or canned, in sugar or syrup	0.70	273	56	2	251	81	13	
Applesauce, stewed apples, with sugar	0.39	273	37	3	191	4	3	
Blueberries, frozen, sweetened	1.34	276	45	5	138	2	16	
Apple, baked, with sugar	0.42	276	41	4	177	7	4	
Plum, cooked or canned, in light syrup	0.55	276	39	2	234	1	8	
Passion fruit nectar	0.64	278	43	0	280	30	8	
Peach, cooked or canned, in heavy syrup	0.51	277	49	3	241	7	8	
Pear, cooked or canned, in heavy syrup	0.52	281	40	4	173	3	3	
Fruit cocktail, cooked or canned, in heavy syrup	0.48	287	44	2	218	5	7	
Blueberry pie filling	1.17	292	99	7	301	2	3	
Pear nectar	0.37	298	38	2	33	3	3	
Cherry pie filling	1.08	301	66	2	201	4	16	
Plum, cooked or canned, in heavy syrup	0.57	304	58	2	235	1	8	
Cherries, maraschino	1.26	316	62	5	34	0	0	
Cranberries, sauce, cooked or canned	0.60	323	105	3	72	6	3	

**Table 2: Dried Fruits from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1/2 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugars (g)	Fiber (g)	Potassium (mg)	Vitamin C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
<i>Apple, dried, uncooked</i>	0.61	12	25	4	194	2	0	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<b>Prune, dried, cooked, unsweetened</b>	0.28	12	31	4	398	4	0	<b>Yes. Lowest Cost Recommendation.</b>
<i>Apple, dried, cooked, unsweetened</i>	0.42	12	17	3	134	1	0	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<b>Fruit mixture, dried (mixture includes three or more of the following: apples, apricots, dates, papaya, peaches, pears, pineapples, prunes, raisins)</b>	0.72	13	32	5	507	1	3	No, these are considered individually.
<i>Peach, dried, uncooked</i>	0.86	14	33	7	797	4	0	No, cost excludes.
<b>Prune, dried, uncooked</b>	0.38	14	33	6	637	1	3	Yes.
<b>Apricot, dried, uncooked</b>	0.46	17	35	5	755	1	7	Yes.
<b>Mango, dried</b>	0.54	20	38	3	229	8	10	Yes.
<b>Raisins</b>	0.32	22	43	3	543	2	4	Yes, California raisins have less pesticide-contamination than other raisins (EWG 2012). Sugar content is high, so eat in moderation.
<i>Pear, dried, cooked, with sugar</i>	0.80	22	48	8	329	5	0	
<i>Pear, dried, uncooked</i>	0.80	23	56	7	480	6	0	
<i>Cranberries, dried</i>	0.15	24	36	3	22	0	0	
<i>Date</i>	1.10	25	93	12	964	1	28	
<i>Raisins, cooked</i>	0.90	29	71	3	465	1	1	

**Table 3: Dark Green Vegetables from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup^**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ 2 cups of raw leafy greens are considered equivalent to 1 cup of vegetables within the USDA's MyPlate guidance system.

\* Sodium values obtained from USDA's National Nutrient Database for Standard Reference, Release 24

\*\* Sodium values calculated using data from USDA's National Nutrient Database for Standard Reference, Release 24 (see methodology)

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Turnip greens, cooked, from frozen, fat not added in cooking*	0.61	32	25	5.6	368	883	36	64	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Collards, raw	0.27	33	7	1.3	61	120	13	60	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Collards, cooked, from fresh, fat not added in cooking*	0.82	33	21	3.6	147	516	23	118	No, cost excludes.
Mustard greens, cooked, from fresh, fat not added in cooking*	0.33	34	22	2.8	281	440	35	102	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Endive, chicory, escarole, romaine lettuce (mixed), raw	0.35	35	20	2.5	262	222	15	103	No, these are considered individually.
Chicory, raw	0.26	35	15	1.8	190	161	11	75	No, based on personal communication with USDA, reliable price not available.
Escarole, raw	0.25	36	14	1.7	183	155	10	72	No, based on personal communication with USDA, reliable price not available.
Romaine lettuce, raw	0.27	37	15	1.9	196	166	11	77	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Endive, raw	0.26	38	15	1.8	190	161	11	75	No, based on personal communication with USDA, reliable price not available.
Lettuce, arugula, raw	0.20	39	11	0.6	148	48	6	39	No, based on personal communication with USDA, reliable price not available.
Cilantro, raw	0.95	39	7	0.4	83	54	4	10	No, cost excludes.
Kale, cooked, from fresh, fat not added in cooking*	0.48	40	30	2.6	294	879	53	17	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Parsley, raw	0.11	42	34	2.0	332	253	80	91	Yes. Lowest Cost Recommendation.
Turnip greens, cooked, from fresh, fat not added in cooking*	0.65	42	42	5.0	291	544	39	168	No, cost excludes.
Broccoli, cooked, from frozen, fat not added in cooking, flowerets**	0.29	43	23	2.9	155	49	39	42	Yes.
Mixed salad greens, raw, shredded or chopped	0.41	43	32	2.2	320	310	17	119	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Broccoli, raw	0.36	43	23	1.8	224	22	63	45	Yes.
Mustard greens, cooked, from frozen, fat not added in cooking*	0.37	45	38	4.2	207	528	21	105	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Broccoli, cooked, from fresh, fat not added in cooking, flowerets**	0.49	47	40	3.2	282	75	63	104	Yes.
Broccoli, cooked, from fresh, fat not added in cooking, stalks*	0.78	47	64	5.1	454	120	101	167	No, cost excludes.
Collards, cooked, from frozen, fat not added in cooking*	0.79	48	85	4.8	425	972	45	129	No, cost excludes.
Broccoli, cooked, from frozen, fat not added in cooking, spears*	0.55	49	44	5.5	294	94	73	79	Yes.
Parsley, cooked (assume fat not added in cooking)	0.16	49	46	2.8	429	344	69	85	Yes.
Turnip greens, canned, low sodium, cooked, fat not added in cooking	0.21	51	42	1.9	203	429	21	125	No, we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
Spinach, cooked, from fresh, fat not added in cooking*	1.13	51	126	4.3	835	938	17	261	No, cost excludes.
Watercress, raw, chopped	2.81	51	28	0.3	224	109	29	6	No, cost excludes.
Spinach, cooked, from frozen, fat not added in cooking*	0.61	53	184	7.0	572	1140	4	228	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Spinach, raw	0.37	57	47	1.3	335	281	17	116	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Turnip greens, cooked, from canned, fat not added in cooking	0.72	61	453	5.6	321	601	43	186	
Greens, cooked, from canned, fat not added in cooking	0.86	61	444	4.8	294	802	46	133	
Chard, cooked, fat not added in cooking, leaves only*	0.69	64	313	3.7	956	532	31	16	
Spinach, cooked, from canned, fat not added in cooking	0.61	64	689	5.1	740	1049	29	199	
Mustard greens, cooked, from canned, fat not added in cooking	0.37	65	428	3.1	308	480	38	112	
Chard, cooked, fat not added in cooking, stalk and leaves**	0.57	65	284	3.0	792	441	26	13	
Collards, cooked, from canned, fat not added in cooking	1.04	69	458	4.5	186	653	29	149	
Seaweed, raw	0.21	70	71	0.6	147	54	9	118	

**Table 4: Red & Orange Vegetables from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Sodium values obtained from USDA's National Nutrient Database for Standard Reference, Release 24

\*\* Sodium values calculated using data from USDA's National Nutrient Database for Standard Reference, Release 24 (see methodology)

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Squash, winter type, butternut, mashed, no fat or sugar added in cooking**	0.74	14	2	6.7	576	624	23	48	No, cost excludes.
Squash, winter type, baked, no fat or sugar added in cooking*	0.63	19	2	5.7	492	533	20	41	No, cost excludes.
Squash, winter type, acorn, mashed, no fat or sugar added in cooking*	0.75	21	7	6.9	588	637	24	49	No, cost excludes.
<b>Pumpkin, cooked, from fresh, fat not added in cooking*</b>	0.50	25	2	2.7	561	610	12	22	Yes.
Pepper, sweet, red, raw, chopped	0.55	26	6	3.1	314	234	190	69	No, cost excludes.
Squash, winter type, hubbard, mashed, no fat or sugar added in cooking*	0.72	31	12	6.6	566	614	23	47	No, cost excludes.
<i>Pepper, sweet, red, raw, sliced</i>	0.34	32	4	1.9	194	144	117	42	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<i>Peppers, red, cooked, fat not added in cooking*</i>	0.56	34	3	1.6	224	199	231	22	No, cost excludes.
<b>Calabaza (Spanish pumpkin), cooked*</b>	0.32	38	8	4.8	340	1287	7	20	Yes.
Tomatoes, raw, sliced or chopped	0.75	40	9	2.2	427	76	23	27	No, cost excludes.
<b>Sweetpotato, baked, peel not eaten, fat not added in cooking*</b>	0.48	42	72	6.6	942	1906	39	12	Yes.
<b>Tomato juice, low sodium</b>	0.23	43	24	1.0	556	56	44	49	Yes. Health experts recommend that everyone limit their juice intake (AHA 2006). Lowest cost recommendation.
<b>Sweetpotato, boiled with peel, peel not eaten, fat not added in cooking**</b>	0.39	43	54	5.0	458	1564	25	12	Yes.
<b>Sweetpotato, boiled, without peel, fat not added in cooking*</b>	0.39	43	54	5.0	458	1564	25	12	Yes.
Tomatoes, raw, cherry tomato	0.62	43	7	1.8	353	63	19	22	No, cost excludes.
Tomatoes, green, raw	0.63	46	23	2.0	367	58	42	16	No, cost excludes.
<b>Tomatoes, canned, low sodium</b>	0.35	49	24	2.4	451	14	22	19	Yes, we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
Carrot juice	0.71	50	68	1.9	689	2256	20	9	No, cost excludes.
Tomato paste	0.68	54	257	10.7	2657	199	57	31	No, cost excludes.
<b>Carrots, raw, sliced or strips</b>	0.29	56	84	3.4	390	1019	7	23	Yes.
Carrots, raw, grated	0.27	56	76	3.1	352	919	6	21	
Carrots, canned, low sodium, fat not added in cooking, sliced	0.34	57	50	2.6	231	815	3	12	
Carrots, cooked, from fresh, fat not added in cooking, diced**	0.29	58	84	4.4	339	1228	5	20	
Carrots, cooked, from fresh, fat not added in cooking, baby carrots**	0.30	59	86	4.5	349	1262	5	21	
Carrots, cooked, from fresh, fat not added in cooking, sliced*	0.32	62	90	4.7	365	1321	6	22	
Carrots, cooked, from frozen, fat not added in cooking, sliced*	0.37	64	86	4.8	279	1226	3	16	
Carrots, cooked, from frozen, fat not added in cooking, baby carrots*	0.38	65	88	4.9	285	1252	3	16	
Carrots, cooked, from frozen, fat not added in cooking, carrot balls*	0.41	66	96	5.3	309	1361	4	18	
Carrots, raw, salad	0.47	67	280	4.0	588	809	10	23	
Pumpkin, cooked, from canned, fat not added in cooking	0.47	67	382	7.1	502	1899	10	27	
Tomatoes, red, from fresh, fried	0.65	75	319	2.0	371	74	16	38	
Sweetpotato, fried	0.48	76	681	6.2	572	1956	32	14	
Tomato, green, pickled	0.44	77	178	1.6	256	47	35	13	
Tomato juice cocktail	0.41	77	656	1.9	469	190	67	51	
Tomatoes, from fresh, stewed	1.15	77	673	2.6	594	107	54	36	
Tomato juice	0.23	79	654	1.0	556	56	44	49	
Tomatoes, green, cooked, from fresh	0.54	81	389	1.8	311	63	26	38	
Carrots in tomato sauce	0.30	81	280	1.8	229	276	18	9	
Tomato chili sauce (catsup-type)	1.27	81	3653	16.1	1010	93	44	25	
Carrots, cooked, from canned, fat not added in cooking, sliced	0.20	83	353	2.2	261	815	4	13	
Tomatoes, red, dried	0.17	82	1131	6.6	1851	24	21	37	
Carrots, cooked, from canned, fat not added in cooking, baby carrots	0.20	83	361	2.2	267	831	4	13	
Tomato sauce	0.49	83	1054	6.7	812	98	5	33	
Tomatoes, from canned, stewed	0.37	86	564	2.6	528	23	20	13	
Tomato catsup	0.40	88	2674	0.7	917	113	36	24	

**Table 5: Starchy Vegetables from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Sodium values obtained from USDA's National Nutrient Database for Standard Reference, Release 24

\*\* Sodium values calculated using data from USDA's National Nutrient Database for Standard Reference, Release 24 (see methodology)

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Peas, green, cooked, from fresh, fat not added in cooking*	2.08	23	5	8.8	430	64	23	101	No, cost excludes.
Corn, yellow, canned, low sodium, fat not added in cooking	1.29	34	2	3.9	358	21	9	38	No, cost excludes.
Corn, yellow, cooked, from fresh, fat not added in cooking*	1.17	34	1	3.6	323	19	8	34	No, cost excludes.
<b>Corn, yellow, cooked, from frozen, fat not added in cooking*</b>	0.38	35	2	3.9	380	16	6	57	Yes.
Peas, green, raw	1.81	35	7	7.4	354	55	58	94	No, cost excludes.
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from fresh, fat not added in cooking*	0.44	38	7	8.3	686	66	4	208	No, cost excludes.
Corn, yellow and white, cooked, from fresh, fat not added in cooking^	1.20	41	3	3.8	356	11	9	32	No, cost excludes.
<i>Beans, lima, immature, canned, low sodium, fat not added in cooking</i>	0.29	41	7	6.3	496	14	15	28	No, we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
Corn, white, cooked, from fresh, fat not added in cooking*	1.23	42	5	4.2	394	0	10	31	No, cost excludes.
<b>Corn, yellow and white, cooked, from frozen, fat not added in cooking^</b>	0.38	43	5	3.9	310	8	5	54	Yes.
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from frozen, fat not added in cooking*	0.52	44	8	10.9	634	7	4	238	No, cost excludes.
Jicama, raw	1.38	47	5	6.4	195	1	26	16	No, cost excludes.
<b>White potato, boiled with peel, peel not eaten, fat not added in cooking*</b>	0.15	48	6	2.8	588	0	20	16	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
<b>Beans, lima, immature, cooked, from fresh, fat not added in cooking*</b>	0.33	48	29	9.0	964	26	17	44	Yes.
<b>White potato, roasted, fat not added in cooking^**</b>	0.13	50	7	3.3	633	0	24	22	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
Beans, lima, immature, cooked, from frozen, fat not added in cooking*	0.51	55	52	10.6	643	16	17	32	No, cost excludes.
<i>White potato, chips, unsalted, reduced fat</i>	0.13	55	2	1.2	349	0	5	2	No, we do not recommend processed foods.
<i>White potato, chips, unsalted</i>	0.13	56	2	1.0	255	0	6	9	No, we do not recommend processed foods.
<i>Peas, green, canned, low sodium, fat not added in cooking</i>	0.22	56	15	5.6	170	122	17	49	No, we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
<b>White potato, baked, peel eaten, fat not added in cooking**</b>	0.11	59	9	2.7	648	1	12	34	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
<b>White potato, boiled, without peel, fat not added in cooking*</b>	0.16	61	8	2.8	509	0	12	14	Yes, but among the 12 most pesticide-contaminated types of produce (EWG 2012). Check price on organic.
<b>Corn, white, cooked, from frozen, fat not added in cooking*</b>	0.38	61	8	3.9	239	0	5	51	Yes.
Corn, raw	0.90	64	22	2.9	392	13	10	61	No, cost excludes.
White potato, boiled, without peel, canned, low sodium, fat not added in cooking	1.02	67	9	4.3	412	0	9	11	No, cost excludes.
Cassava (yuca blanca), cooked, fat not added in cooking^	2.52	69	19	2.4	323	1	18	24	No, cost excludes.
Peas, green, cooked, from frozen, fat not added in cooking*	0.41	72	115	8.8	174	166	16	94	No, cost excludes.
White potato, sticks	0.28	79	95	1.3	470	0	18	15	
Plantain chips	0.28	81	77	1.3	299	26	12	13	
Pigeon peas, cooked, from canned, fat not added in cooking	0.41	87	378	9.5	693	3	43	151	
Beans, lima, immature, cooked, from canned, fat not added in cooking	0.34	89	409	9.2	987	26	17	45	
White potato, french fries, from fresh, deep fried	0.13	90	198	3.6	680	0	25	19	
White potato, french fries, from fresh, deep fried	0.09	92	139	2.5	479	0	18	14	
White potato, chips, reduced fat	0.25	93	98	1.2	349	0	5	5	
Starchy vegetables, Puerto Rican style, including tannier, white sweetpotato and yam, no plantain (viandas hervidas)	2.14	97	469	6.3	840	6	22	36	
White potato, french fries, from frozen, deep fried	0.17	98	110	2.0	315	0	2	17	
White potato, chips, fat free, made with Olean	0.24	99	111	1.4	232	0	6	17	
White potato, french fries, from frozen, deep fried	0.24	100	156	2.8	448	0	2	24	
White potato, chips	0.16	100	131	1.1	411	0	5	19	
Peas, cowpeas, field peas, or blackeye peas (not dried), cooked, from canned, fat not added in cooking	0.47	103	511	9.0	747	72	4	227	
White potato skins, chips	0.17	104	101	0.8	195	0	2	2	
White potato, chips, restructured	0.17	104	101	0.8	195	0	2	2	



Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
White potato, chips, restructured, reduced fat and reduced sodium	0.17	105	107	0.8	198	0	3	7	
White potato, chips, fat free	0.13	105	129	1.5	326	0	2	9	
Green banana, cooked (in salt water)	0.24	106	348	3.9	480	3	9	15	
White potato, french fries, from frozen, oven baked	0.17	108	314	2.3	365	0	11	23	
Peas, green, cooked, from canned, fat not added in cooking	0.29	108	495	8.3	175	73	15	54	
White potato, from complete dry mix, mashed, made with water	0.20	110	363	2.7	767	7	7	11	
White potato, chips, restructured, reduced fat and reduced sodium	0.28	111	177	1.4	327	0	5	12	
White potato, scalloped	0.24	112	687	3.6	800	86	26	27	
White potato, patty	0.71	112	527	2.7	545	112	15	39	
White potato, chips, restructured	0.26	113	155	1.2	300	0	3	3	
White potato, french fries, from frozen, oven baked	0.12	113	221	1.6	257	0	8	16	
White potato skins, chips	0.28	113	167	1.3	323	0	4	3	
White potato, chips, restructured	0.28	113	167	1.3	323	0	4	3	
White potato, baked, peel not eaten	0.15	113	364	1.9	493	0	16	11	
White potato, home fries	0.29	114	601	4.3	842	0	25	23	
White potato skins, with adhering flesh, fried	0.17	114	803	11.5	1111	1	24	28	
White potato, hash brown, from dry mix	0.62	116	423	3.1	675	0	10	11	
White potato, from fresh, mashed, made with fat	0.22	117	590	3.6	659	63	15	19	
Corn relish	1.38	118	926	3.9	456	51	49	64	
Corn, yellow and white, cooked, from canned, fat not added in cooking	0.25	121	508	3.3	271	2	7	72	
White potato, hash brown, from fresh	0.74	121	900	5.0	894	0	20	25	
Corn, white, cooked, from canned, fat not added in cooking	0.25	122	530	3.3	320	0	13	77	
Hominy, cooked, fat not added in cooking	0.16	124	347	4.1	15	0	0	2	
Corn, yellow, cooked, from canned, fat not added in cooking	0.25	124	489	3.1	221	3	1	67	
Stewed potatoes, Mexican style (Papas guisadas)	0.26	124	1058	4.9	762	0	24	25	
White potato, chips, restructured, baked	0.31	127	257	1.3	202	0	0	0	
White potato, hash brown, from frozen	0.57	132	751	3.9	516	0	4	29	
White potato, puffs	0.20	133	614	3.2	399	0	8	18	
Fried green plantain, Puerto Rican style	0.51	136	3158	2.8	545	51	16	13	

**Table 6: Other Vegetables from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Sodium values obtained from USDA's National Nutrient Database for Standard Reference, Release

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\*\* Sodium values calculated using data from USDA's National Nutrient Database for Standard Reference, Release 24 (see methodology)

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
<i>Beans, string, green, cooked, from fresh, fat not added in cooking*</i>	0.42	51	1	4.0	181	44	12	41	No, may contain pesticide residues of special concern (EWG 2012).
<b>Okra, cooked, from frozen, fat not added in cooking*</b>	0.51	58	6	5.2	429	31	22	267	Yes.
<i>Beans, string, green, cooked, from frozen, fat not added in cooking*</i>	0.30	58	1	4.1	213	38	6	31	No, may contain pesticide residues of special concern (EWG 2012).
Snowpea (pea pod), cooked, from fresh, fat not added in cooking*	0.99	59	6	4.5	382	83	76	46	No, cost excludes.
<b>Squash, summer, cooked, from fresh, fat not added in cooking, diced**</b>	0.55	60	2	2.9	401	23	12	42	Yes.
<b>Squash, summer, cooked, from fresh, fat not added in cooking, sliced*</b>	0.47	63	2	2.5	344	20	10	36	Yes.
Asparagus, raw	1.03	65	3	2.8	271	51	8	70	No, cost excludes.
Snowpea (pea pod), cooked, from frozen, fat not added in cooking*	1.70	70	8	5.0	346	106	35	56	No, cost excludes.
<b>Christophine (chayote), cooked, fat not added in cooking*</b>	0.39	71	2	3.0	197	0	9	106	Yes.
Eggplant, cooked, fat not added in cooking, diced**	0.83	72	2	5.0	244	4	3	28	No, cost excludes.
<i>Beans, string, yellow, cooked, from fresh, fat not added in cooking*</i>	0.42	75	4	4.1	371	5	12	41	No, may contain pesticide residues of special concern (EWG 2012).
<b>Squash, summer, yellow, raw</b>	0.25	77	2	1.2	296	11	19	33	Yes.
Mushrooms, cooked, from fresh, fat not added in cooking*	1.32	80	3	3.4	552	0	6	28	No, cost excludes.
Mushrooms, cooked, from frozen, fat not added in cooking*	1.32	80	3	3.4	552	0	6	28	No, cost excludes.
<b>Snowpeas (pea pod), raw</b>	0.39	84	3	1.6	126	34	38	26	Yes.
<b>Brussels sprouts, cooked, from frozen, fat not added in cooking*</b>	0.52	85	23	6.4	446	71	70	155	Yes.
<i>Beans, string, green, canned, low sodium, fat not added in cooking</i>	0.40	85	3	2.9	167	28	7	49	No, may contain pesticide residues of special concern (EWG 2012).
<i>Pepper, sweet, green, raw</i>	0.30	93	3	1.6	161	17	74	9	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
Okra, cooked, from fresh, fat not added in cooking*	0.71	94	10	4.0	214	22	26	74	No, cost excludes.
<b>Eggplant, cooked, fat not added in cooking, cubes*</b>	0.40	96	1	2.4	117	2	1	13	Yes.
<i>Beans, string, green, raw</i>	0.31	96	6	2.7	211	35	12	33	No, may contain pesticide residues of special concern (EWG 2012).
<i>Peppers, green, cooked, fat not added in cooking*</i>	0.59	96	6	1.6	224	31	101	22	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
Pepper, banana, raw	0.54	100	16	4.2	317	21	103	36	No, not commonly consumed in this form.
<b>Brussels sprouts, raw</b>	0.39	101	22	3.3	342	33	75	54	Yes.
Asparagus, cooked, from fresh, fat not added in cooking*	1.49	101	25	3.6	401	90	14	266	No, cost excludes.
<b>Onions, mature, cooked, from fresh, fat not added in cooking*</b>	0.36	102	6	2.9	347	0	11	32	Yes.
Aloe vera juice	0.30	104	5	0.5	322	0	25	45	No, not commonly consumed in this form.
<b>Cabbage, green, cooked, fat not added in cooking*</b>	0.16	109	12	2.9	293	6	56	45	Yes.
<b>Brussels sprouts, cooked, from fresh, fat not added in cooking*</b>	0.54	109	33	4.0	488	60	95	93	Yes.
<b>Alfalfa sprouts, raw</b>	0.09	109	2	0.6	26	3	3	12	Yes. Lowest cost recommendation.
<i>Cucumber, raw</i>	0.32	110	2	0.8	162	5	4	17	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<i>Cucumber, cooked, fat not added in cooking**</i>	0.45	110	4	1.1	292	11	5	11	No, among the 12 most pesticide-contaminated types of produce (EWG 2012).
<b>Onions, young green, cooked, from fresh, fat not added in cooking**</b>	0.32	112	35	5.9	572	103	30	103	Yes.
Bean sprouts, raw, soybean	0.32	115	4	1.3	104	1	9	43	
Bean sprouts, raw, mung	0.47	117	6	1.9	155	1	14	63	
Onions, mature, raw	0.18	118	5	2.0	168	0	9	22	
Squash, summer, cooked, from frozen, fat not added in cooking**	0.56	118	11	2.3	396	16	9	18	
Squash, summer, green, raw	0.26	118	9	1.1	295	11	20	27	
Squash, summer, cooked, from frozen, fat not added in cooking**	0.66	119	13	2.7	462	19	11	21	
Cauliflower, cooked, from fresh, fat not added in cooking, flowerets*	0.89	122	22	3.3	203	1	63	63	
Pimiento	2.42	123	33	4.4	371	313	199	13	
Mushroom, shitake, cooked, from dried	0.14	123	6	3.0	170	0	0	30	
Mushrooms, raw, whole	0.69	124	5	1.0	305	0	2	15	

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Mushrooms, raw, pieces or slices	0.51	127	4	0.7	223	0	1	11	
Cauliflower, cooked, from fresh, fat not added in cooking, pieces*	0.77	128	19	2.9	176	1	55	55	
Bean sprouts (mung), cooked, from fresh, fat not added in cooking*	0.38	128	12	1.0	259	1	12	63	
Squash, summer, cooked, from canned, fat not added in cooking	0.56	130	11	3.0	207	11	6	22	
Squash, summer, cooked, from canned, fat not added in cooking	0.55	130	11	2.9	202	11	5	21	
Cauliflower, cooked, from frozen, fat not added in cooking*	0.44	132	32	4.9	248	0	56	74	
Garlic, raw	0.97	136	23	2.9	545	0	42	4	
Cabbage, red, raw, shredded	0.08	136	19	1.5	170	39	40	13	
Mixed vegetable juice (vegetables other than tomato)	1.55	138	133	3.9	790	856	65	121	
Cactus, raw	0.48	139	31	3.3	383	34	14	4	
Lettuce (iceberg), cooked, fat not added in cooking^	0.17	139	7	1.0	113	19	2	20	
Cabbage, Chinese (pak-choi), cooked, fat not added in cooking*	0.17	139	58	1.9	495	192	40	82	
Cabbage, green, raw, shredded	0.08	140	13	1.8	119	4	26	30	
Lettuce, raw, shredded or chopped	0.23	141	11	1.3	155	28	3	32	
Cauliflower, raw	0.77	145	32	2.1	320	0	52	61	
Turnip, cooked, from fresh, fat not added in cooking*	0.26	145	25	3.1	273	0	18	14	
Cabbage, red, cooked, fat not added in cooking*	0.17	146	42	3.9	390	3	51	36	
Cactus, cooked, fat not added in cooking^	0.46	147	30	3.0	289	33	8	4	
Onions, mature, cooked, from frozen, fat not added in cooking*	0.59	149	25	3.4	218	0	8	27	
Rutabaga, cooked, fat not added in cooking*	0.82	150	34	3.1	551	0	32	26	
Radicchio, raw, shredded	0.56	151	9	0.4	121	0	3	24	
Artichoke, globe (French), cooked, from fresh, fat not added in cooking*	1.49	152	101	14.4	477	2	12	148	
Cabbage, red, pickled	0.56	160	32	1.2	221	30	31	11	
Celery juice	0.74	160	215	3.8	670	61	14	52	
Cabbage, Chinese, raw, pa-tsai	0.08	162	49	0.8	192	169	34	50	
Beets, raw	0.96	163	106	3.8	442	3	7	148	
Cabbage, Chinese, raw, pak-choi	0.07	164	46	0.7	176	156	32	46	
Beets, cooked, from fresh, fat not added in cooking, shredded**	1.42	166	150	3.9	591	4	7	156	
Squash, spaghetti, cooked, fat not added in cooking*	0.32	167	28	2.2	180	9	5	12	
Beets, cooked, from fresh, fat not added in cooking, slices*	1.24	169	131	3.4	515	3	6	136	
Beets, cooked, from fresh, fat not added in cooking, whole**	1.19	170	126	3.3	494	3	6	130	
Beets, cooked, from fresh, fat not added in cooking, diced**	1.14	170	121	3.1	476	3	6	126	
Cucumber pickles, sweet, reduced salt	0.47	172	31	1.9	54	95	2	2	
Beets, canned, low sodium, fat not added in cooking, slices	0.29	173	36	2.0	241	2	5	48	
Beets, canned, low sodium, fat not added in cooking, diced	0.29	173	36	2.0	241	2	5	48	
Beets, canned, low sodium, fat not added in cooking, whole	0.28	175	34	2.0	231	2	4	46	
Cucumber pickles, dill, reduced salt	0.38	177	28	1.9	36	16	2	2	
Vegetables, pickled	0.68	178	341	3.1	347	329	46	31	
Celery, cooked, fat not added in cooking*	0.47	178	136	2.4	425	39	9	33	
Radish, raw	0.26	179	45	1.9	270	0	17	29	
Peppers, pickled	0.39	180	198	2.2	221	86	104	31	
Asparagus, cooked, from canned, fat not added in cooking	1.61	180	695	3.9	416	99	40	220	
Celery, raw, strips	0.30	180	99	2.0	322	27	4	45	
Celery, raw, diced	0.29	181	96	1.9	312	26	4	43	
Eggplant dip	1.33	184	510	8.4	440	16	18	75	
Celeriac, cooked*	2.40	186	95	2.9	439	0	8	8	
Turnip, cooked, from frozen, fat not added in cooking*	0.40	186	56	3.1	281	0	6	12	
Turnip, raw	0.28	187	87	2.3	248	0	27	20	
Artichoke, globe (French), cooked, from canned, fat not added in cooking	1.49	187	470	14.4	477	2	12	148	
Zucchini, pickled	1.04	192	284	1.9	350	26	28	29	
Cauliflower, pickled	0.64	192	233	2.1	258	13	37	34	
Cabbage, fresh, pickled, Japanese style	1.30	192	416	4.7	1280	14	1	63	
Ratatouille	0.82	193	439	2.8	402	51	23	36	
Beans, string, green, pickled	0.37	194	347	3.1	252	39	12	32	
Cauliflower, cooked, from canned, fat not added in cooking	1.11	195	563	4.1	254	2	79	79	
Cabbage, Kimchi (Kim Chee) style	0.23	197	936	1.8	368	275	68	86	
Seaweed, dried	0.99	199	86	0.8	187	2	1	51	
Beets, cooked, from canned, fat not added in cooking, shredded	0.59	200	378	3.5	289	2	8	55	
Chop suey, meatless, no noodles	0.95	202	1001	3.5	477	13	38	53	

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	Potassium (mg)	Vit A (ug)	Vit C (mg)	Folate (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Beets, cooked, from canned, fat not added in cooking, slices	0.51	203	330	3.1	252	2	7	48	
Beans, string, green, cooked, from canned, fat not added in cooking	0.23	207	401	3.5	170	28	6	46	
Beets, cooked, from canned, fat not added in cooking, whole	0.49	208	316	2.9	241	2	6	46	
Beets, cooked, from canned, fat not added in cooking, diced	0.48	210	305	2.8	232	2	6	44	
Beets, pickled	1.08	212	446	4.4	250	3	4	46	
Beans, string, yellow, cooked, from canned, fat not added in cooking	0.23	220	384	2.0	167	8	7	46	
Pepper, hot, pickled	0.35	221	940	1.4	290	43	156	21	
Sauerkraut, cooked, fat not added in cooking	0.23	224	939	4.1	241	1	19	33	
Vegetable relish	0.77	239	609	1.0	232	18	7	14	
Mushrooms, cooked, from canned, fat not added in cooking	1.28	246	663	3.7	201	0	0	17	
Olives, black, whole	2.02	251	1294	4.4	12	28	2	0	
Olives, black, sliced	1.86	253	1188	4.1	11	26	1	0	
Cucumber pickles, sweet	0.45	254	699	1.5	153	58	1	2	
Olives, green, whole	1.79	256	2287	4.9	62	29	0	4	
Cucumber pickles, relish	0.85	258	1987	2.7	61	149	2	2	
Cucumber pickles, dill	0.25	271	1356	1.7	143	14	1	2	
Cucumber pickles, sour	0.32	272	1872	1.9	36	16	2	2	

**Table 7: Bread from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 slice**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food

**Table included for completeness only, not used to generate booklet guidance (see methodology)**

^ Sum of thiamin, riboflavin, and niacin

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)
Bread, multigrain, reduced calorie and/or high fiber	0.07	13	79	4.2	2.0	29	1.3	59	10.2
Bread, sunflower meal	0.11	32	62	0.6	1.4	25	0.8	12	7.4
Bread, rice	0.06	34	110	1.2	1.9	22	0.9	20	7.2
Bread, milk and honey	0.08	35	52	0.6	1.3	29	0.8	5	6.0
Bread, reduced calorie and/or high fiber, Italian	0.04	38	89	1.7	1.2	33	0.4	7	3.1
Bread, multigrain	0.07	38	109	1.9	1.2	20	0.7	20	8.6
Bread, oat bran	0.08	42	118	1.3	1.6	23	0.9	10	8.7
Bread, raisin	0.11	43	101	1.1	1.1	28	0.8	7	5.2
Pannetone (Italian-style sweetbread)	0.20	44	92	0.6	1.2	32	0.6	4	5.1
Bread, dough, fried	0.14	45	48	0.4	1.0	20	0.7	4	5.1
Bread, whole wheat, 100%	0.07	46	132	1.9	1.5	14	0.7	23	11.3
Bread, sprouted wheat	0.07	50	135	0.9	1.5	22	0.9	12	7.5
Bread, wheat or cracked wheat	0.07	50	135	0.9	1.5	22	0.9	12	7.5
Bread, wheat or cracked wheat, with raisins	0.07	51	120	0.9	1.4	20	0.9	12	6.7
Bread, high protein	0.06	52	142	0.8	1.3	30	1.1	17	8.6
Bread, egg, Challah	0.06	52	113	0.5	1.3	24	0.7	4	6.9
Bread, white, made from home recipe or purchased at a bakery	0.09	53	157	0.8	2.0	46	1.2	8	9.5
Bread, Cuban	0.04	54	109	0.4	1.1	20	0.6	4	5.6
Bread, Italian, Grecian, Armenian	0.07	55	117	0.5	1.0	38	0.6	5	5.4
Bread, wheat or cracked wheat, reduced calorie and/or high fiber	0.10	56	143	3.4	1.3	25	0.8	11	8.5
Bread, zucchini	0.08	58	115	0.6	0.8	19	0.8	5	6.0
Bread, batter	0.05	60	138	0.6	1.3	30	0.9	6	7.1
Bread, white with whole wheat swirl	0.07	61	150	1.2	1.4	21	0.8	14	7.5
Bread, Native, water, Puerto Rican style (Pan Criollo)	0.05	63	136	0.5	1.4	25	0.8	5	7.0
Focaccia, Italian flatbread, plain	0.37	65	190	1.2	2.7	68	1.7	9	13.0
Bread, sour dough	0.09	66	163	0.6	1.4	37	0.9	7	6.8
Bread, pumpkin	0.10	66	151	1.0	1.0	21	1.1	9	6.7
Bread, fruit, without nuts	0.05	67	125	0.5	0.8	16	0.6	6	5.0
Bread, wheat or cracked wheat, made from home recipe or purchased at bakery	0.11	70	220	1.6	1.8	29	1.2	26	12.5
Bread, black	0.11	71	174	1.7	1.0	24	0.7	14	6.4
Bread, pumpernickel	0.11	71	174	1.7	1.0	24	0.7	14	6.4
Bread, rye	0.13	71	211	1.9	1.5	35	0.9	13	9.9
Bread, Irish soda	0.28	72	293	1.8	2.2	41	2.0	17	11.8
Bread, fruit and nut	0.11	72	180	1.1	1.2	28	1.1	15	8.0
Bread, French or Vienna	0.10	73	182	0.7	1.5	41	1.0	8	7.6
Bread, marble rye and pumpernickel	0.13	73	213	2.0	1.3	33	0.9	15	8.9
Bread, French or Vienna	0.23	74	416	1.5	3.5	95	2.3	18	17.3
Bread, nut	0.09	74	179	0.7	1.2	26	1.1	14	8.0
Bread, onion	0.09	75	166	0.6	1.3	27	0.9	6	4.2
Bread, garlic	0.34	75	505	1.6	3.5	95	2.4	19	17.5



Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)
Bread, cinnamon	0.06	77	177	0.6	1.3	29	1.0	6	4.5
Bread, white	0.06	77	177	0.6	1.3	29	1.0	6	4.5
Bread, cheese	0.12	78	176	0.6	1.3	28	0.9	6	4.4
Bread, vegetable	0.24	78	284	1.2	2.1	47	1.6	12	6.9
Bread, oatmeal	0.12	79	228	1.5	1.4	24	1.0	14	9.3
Bread, whole wheat, 100%, made from home recipe or purchased at bakery	0.11	80	295	3.1	1.8	15	1.1	43	18.0
Bread, potato	0.07	83	232	0.8	1.8	38	1.3	8	5.9

**Table 8: Pasta from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient

**Table included for completeness only, not used to generate booklet guidance (see methodology)**

^ Sum of thiamin, riboflavin, and niacin

Food	Price (\$)	Overall Nutrient Content Rank	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)
Macaroni, cooked, vegetable, fat not added in cooking	0.13	9	90	3.9	1.1	59	0.4	17	18
Long rice noodles (made from mung beans), cooked, fat not added in cooking	0.77	10	10	0.2	0.1	0	0.8	2	4
Macaroni, cooked, fat not added in cooking	0.12	11	325	2.5	2.9	102	1.8	25	37
Spaghetti, cooked, fat not added in cooking	0.10	11	325	2.5	2.9	102	1.8	25	37
Noodles, chow mein	0.10	11	198	1.8	3.1	41	2.1	23	19
Chow fun rice noodles, cooked, fat not added in cooking	0.08	12	96	1.1	1.2	2	0.1	16	7
Spaghetti, cooked, whole wheat, fat not added in cooking	0.20	14	328	6.3	1.2	7	1.5	42	36
Macaroni, whole wheat, cooked, fat not added in cooking	0.19	15	328	3.9	1.2	7	1.5	42	36
Noodles, cooked, fat not added in cooking	0.20	16	378	1.9	4.0	133	2.3	34	38

**Table 9: Rice and other grains from EWG's Good Food on a Tight Budget Analysis**

**Serving size: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Sodium values obtained from USDA's National Nutrient Database for Standard Reference, Release 24

\*\* Nutrient values obtained from USDA's National Nutrient Database for Standard Reference, Release 24, price from Peapod online grocer

^ Sum of thiamin, riboflavin, and niacin

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugar (g)	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Rice, white, cooked, converted (enriched), fat not added in cooking*	0.19	11	0.1	4	1.6	4.4	140	3.2	16	16	No, cost excludes.
<b>Rice, brown, cooked, instant, fat not added in cooking*</b>	0.17	12	0.4	11	3.8	3.5	8	0.9	91	21	Yes, but read ingredients to avoid added sugars.
<b>Rice, brown, cooked, regular, fat not added in cooking*</b>	0.15	14	0.3	10	3.5	3.2	8	0.8	84	19	Yes.
Rice, white, cooked, regular, fat not added in cooking*	0.06	15	0.1	2	0.6	2.6	90	1.9	19	12	No, below fiber cut-off.
Rice, white, cooked, instant, fat not added in cooking*	0.07	16	0.0	7	1.0	3.0	114	2.9	8	8	No, below fiber cut-off.
Rice, wild, 100%, cooked, fat not added in cooking*	0.40	17	0.1	5	3.0	2.3	43	1.0	52	1	No, cost excludes.
Rice, white, cooked, glutinous (sticky rice)	0.06	25	0.1	9	1.7	0.6	2	0.2	9	10	No, below fiber cut-off.
Whole wheat cereal, wheat and barley, cooked, fat not added in cooking	0.24	32	0.3	204	2.0	2.3	20	1.6	55	34	No, cost excludes.
Oatmeal, multigrain, cooked, fat not added in cooking	0.27	33	0.3	171	5.4	1.6	7	1.3	54	20	No, cost excludes.
<b>Bulgur, cooked or canned, fat not added in cooking</b>	0.14	34	0.1	296	6.1	1.5	24	1.3	43	1	Yes.
Oatmeal, cooked, instant, fat not added in cooking	0.37	35	15.6	283	4.2	7.4	126	8.0	59	13	No, cost excludes.
Couscous, plain, cooked, fat not added in cooking	0.20	37	0.2	297	2.2	1.7	24	0.6	13	43	No, cost excludes.
Quinoa, cooked**	0.68	37	1.6	13	5.2	1.2	78	2.8	118	5	No, cost excludes.
Millet, cooked, fat not added in cooking	0.91	37	0.2	292	2.3	2.6	33	1.1	77	2	No, cost excludes.
Wheat, cream of, cooked, regular, fat not added in cooking	0.14	38	0.1	336	1.0	1.3	25	8.1	10	6	No, exceeds sodium cut-off.
Whole wheat cereal, cooked, fat not added in cooking	0.15	38	0.1	325	3.2	1.7	17	1.1	44	24	No, exceeds sodium cut-off.
<b>Oatmeal, cooked, quick (1 or 3 minutes), fat not added in cooking</b>	0.18	38	0.4	283	3.7	0.6	9	1.5	54	11	Yes.
<b>Oatmeal, cooked, regular, fat not added in cooking</b>	0.18	38	0.4	283	3.7	0.6	9	1.5	54	11	Yes.
<b>Barley, cooked, fat not added in cooking</b>	0.14	39	0.5	303	6.2	3.6	26	2.1	36	14	Yes, but read ingredients to avoid added sugars.
Oatmeal with maple flavor, cooked	0.21	39	15.0	288	5.8	10.8	10	8.4	50	18	No, cost excludes.
Wheat, cream of, cooked, quick, fat not added in cooking	0.14	41	0.2	354	1.2	4.0	24	9.2	17	6	
Wheat cereal, chocolate flavored, cooked, fat not added in cooking	0.17	41	0.2	831	4.2	1.8	20	1.7	62	24	
Oat bran cereal, cooked, fat not added in cooking	0.17	44	0.5	319	5.1	0.6	12	1.7	80	15	
Grits, cooked, corn or hominy, regular, fat not added in cooking	0.05	45	0.2	322	1.5	1.6	36	0.9	12	5	
Grits, cooked, corn or hominy, quick, fat not added in cooking	0.06	46	0.2	411	1.7	2.0	46	1.1	17	7	
Grits, cooked, corn or hominy, instant, fat not added in cooking	0.11	48	0.7	494	1.9	5.1	82	17.9	22	8	
Buckwheat groats, cooked, fat added in cooking	0.24	48	1.5	322	4.5	1.7	22	1.3	85	4	
Cornmeal mush, made with water	0.09	51	1.0	530	2.4	3.4	91	2.6	26	7	

**Table 10: Breakfast Cereals from EWG's Good Food on a Tight Budget Analysis**

**Serving size: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of thiamin, riboflavin, and niacin

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugar (g)	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Wheat bran, unprocessed	0.62	49	0.2	1	24.8	9	46	6.1	354	45	No, cost excludes.
Wheat germ, plain	0.74	58	8.8	5	17.1	9	398	10.3	362	73	No, cost excludes.
Uncle Sam Cereal (formerly Uncle Sam's Hi Fiber Cereal)	0.46	77	0.9	124	12.2	13	32	2.4	124	53	No, cost excludes.
All-Bran	0.39	83	9.7	150	18.2	12	812	10.9	224	6	No, cost excludes.
Fiber One	0.50	83	0	210	28.4	12	200	9.0	80	5	No, cost excludes.
<b>Shredded Wheat'N Bran</b>	0.30	99	0.5	2	6.3	3	22	2.0	64	4	Yes.
Shredded Wheat, 100%, crushed	0.37	102	0.5	3	6.8	3	24	1.8	72	3	No, cost excludes.
<b>Malt-O-Meal Toasted Oat Cereal</b>	0.14	103	0.9	146	2.2	5	215	7.0	26	6	Yes.
<b>Cheerios</b>	0.19	106	1.2	200	3.0	7	293	9.5	36	9	Yes.
<b>Shredded Wheat, 100%, spoon size biscuits</b>	0.32	107	0.5	3	5.9	3	21	1.5	62	2	Yes.
Malt-O-Meal Puffed Wheat	0.19	107	0.2	1	1.1	1	18	0.5	16	15	No, below fiber cut-off.
Wheat, puffed, plain	0.19	107	0.2	1	1.1	1	18	0.5	16	15	No, below fiber cut-off.
<b>MultiGrain Cheerios</b>	0.27	109	6.2	207	2.8	24	414	18.6	25	5	Yes.
<b>Frosted Mini-Wheats</b>	0.25	114	11.1	5	5.3	6	107	17.0	49	2	Yes.
<b>Kashi, Puffed</b>	0.21	115	0.6	2	1.3	1	6	0.5	29	7	Yes.
Quaker Oat Bran Cereal	0.43	117	7.5	167	4.6	5	339	13.8	77	3	No, cost excludes.
<b>Oat Bran Flakes, Health Valley</b>	0.30	119	9.2	17	6.1	4	22	2.4	79	18	Yes.
All-Bran with Extra Fiber	0.60	121	0.2	285	30.0	14	252	10.8	204	6	No, cost excludes.
Total Corn Flakes	0.26	122	2.4	154	0.6	17	293	13.2	6	1	No, below fiber cut-off.
Grape-Nut Flakes	0.93	123	6.9	188	3.4	8	135	10.9	40	4	No, cost excludes.
Millet, puffed	0.16	127	0.1	1	0.6	1	17	0.6	22	1	No, below fiber cut-off.
<b>Kix</b>	0.21	128	2.3	159	2.1	7	189	7.7	12	2	Yes.
<b>Honey Nut Shredded Wheat, Post</b>	0.19	128	12.0	11	4.0	6	100	1.8	46	21	Yes.
Toasted oat cereal	0.11	131	1.3	239	3.0	8	187	8.4	34	13	No, exceeds IWG sodium cut-off (IWG 2011).
<b>Corn Puffs</b>	0.17	132	1.9	126	1.7	5	150	6.1	10	2	Yes.
Cornstarch, dry	0.34	132	0	12	1.2	0	0	0.6	4	4	No, cost excludes.
Apple Cinnamon Squares Mini-Wheats, Kellogg's (formerly Apple Cinnamon Squares)	0.25	132	15.5	26	6.3	8	146	21.5	64	3	No, exceeds sugar cut-off.
Special K	0.25	134	4.0	224	0.7	8	400	8.4	19	17	No, exceeds IWG sodium cut-off (IWG 2011).
Rice, puffed	0.17	136	0	1	0.2	1	22	0.4	4	1	No, below fiber cut-off.
Complete Wheat Bran Flakes, Kellogg's (formerly 40% Bran Flakes)	0.27	136	6.6	279	6.8	31	538	24.2	74	4	No, exceeds sodium cut-off.
Crispy Rice	0.16	137	2.0	198	0.2	9	158	8.5	6	5	No, below fiber cut-off.
Kaboom	0.23	137	4.8	152	0.8	5	160	6.7	13	5	No, below fiber cut-off.
Life (plain and cinnamon)	0.23	139	8.4	220	2.8	9	361	12.1	41	1	No, exceeds IWG sodium cut-off (IWG 2011).
<b>Frosted Wheat Bites</b>	0.20	141	12.7	11	5.5	6	109	2.0	53	2	Yes.
Total	0.35	145	6.7	253	3.6	31	533	24.0	32	2	No, cost excludes.
Gerber Graduates Finger Snacks Cereal, baby food	0.35	146	7.9	92	0.7	4	32	6.4	8	11	No, cost excludes.
Berry Burst Cheerios	0.33	146	11.2	216	2.6	8	267	6.0	38	14	No, cost excludes.
Malt-O-Meal Toasty O's	0.11	147	1.2	269	3.2	7	156	9.8	36	11	No, exceeds sugar cut-off.
Wheaties	0.21	149	4.8	252	3.6	14	240	10.1	39	2	No, exceeds sodium cut-off.
Weetabix Whole Wheat Cereal	0.36	150	1.1	221	6.5	4	26	2.9	52	3	No, cost excludes.
King Vitaman	0.15	151	4.2	176	0.7	4	280	6.1	18	1	No, below fiber cut-off.
Crispix	0.24	152	3.3	222	0.3	11	200	9.6	7	4	No, below fiber cut-off.
Corn flakes, Kellogg's	0.15	152	2.9	202	0.7	8	134	8.1	3	2	No, below fiber cut-off.
Honey Bunches of Oats	0.18	158	9.9	240	1.9	12	326	13.7	19	3	
Quaker Oatmeal Squares (formerly Quaker Oat Squares)	0.32	163	9.0	269	4.0	6	440	17.1	66	4	
Apple Jacks	0.17	166	13.2	133	2.7	9	119	5.6	6	2	
Honey Bunches of Oats with Almonds, Post	0.17	166	8.4	241	1.8	7	129	10.5	28	5	
Berry Berry Kix	0.31	167	10.5	187	1.2	7	117	5.3	0	7	
Crunchy Corn Bran, Quaker	0.34	168	7.5	314	6.2	8	559	11.2	22	4	
Oatmeal Honey Nut Heaven, Quaker (formerly Toasted Oatmeal, Honey Nut)	0.18	168	12.3	228	2.7	10	415	8.6	36	0	
Granola, homemade	0.69	168	24.4	31	11.0	4	100	5.2	214	34	
Wheat Chex	0.41	169	6.3	529	6.8	7	504	18.1	50	3	
Natural Bran Flakes, Post (formerly called 40% Bran Flakes, Post)	0.20	169	7.6	293	7.0	8	133	10.8	86	4	
Fruit Harvest cereal, Kellogg's	0.33	170	13.6	189	1.8	8	150	6.8	21	3	
Malt-O-meal Tootie Fruities	0.11	170	12.8	130	0.7	6	175	4.3	10	4	
Optimum, Nature's Path	0.40	170	16.0	200	10.0	4	400	2.7	137	21	
Rice Krispies, Kellogg's	0.17	171	2.5	236	0.2	7	140	8.9	7	5	
Honey Nut Cheerios	0.22	171	11.9	251	2.6	8	264	5.9	42	9	
Rice Chex	0.18	172	2.0	240	0.3	6	200	9.0	24	1	
Frosted oat cereal with marshmallows	0.18	174	12.2	158	1.2	6	99	4.4	8	10	
Apple Cinnamon Cheerios	0.25	175	17.3	160	1.6	8	267	6.0	21	15	
Sweet Crunch, Quaker (formerly called Popeye)	0.10	175	11.7	200	0.6	6	420	5.0	15	2	
Malt-O-Meal Honey and Nut Toasty O's	0.23	176	12.2	258	2.7	8	271	6.1	43	9	

Food	Price (\$)	Overall Nutrient Content Rank	Total Sugar (g)	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Muesli, dried fruit and nuts (formerly Muesli with raisins, dates, and almonds)	0.82	176	26.4	196	6.2	12	207	7.4	66	15	
Sun Country 100% Natural Granola, with Almonds	0.73	177	23.3	38	5.9	2	39	5.0	104	20	
Honeycomb, plain	0.12	177	8.4	163	0.6	4	76	2.0	8	4	
Honeycomb, strawberry	0.12	177	8.4	163	0.6	4	76	2.0	8	4	
Waffle Crisp, Post	0.21	177	10.6	130	0.5	6	100	1.8	12	2	
Malt-O-Meal Apple and Cinnamon Toasty O's	0.24	179	16.5	216	2.0	9	280	6.7	26	15	
Malt-O-Meal Corn Bursts	0.18	179	13.5	124	0.6	14	137	2.0	1	2	
Bran Chex	0.34	179	10.1	304	5.9	6	417	16.9	63	4	
Banana Nut Crunch Cereal (Post)	0.40	180	12.0	253	4.0	6	100	16.2	48	11	
Golden Crisp (Formerly called Super Golden Crisp)	0.10	180	14.6	41	0.0	6	100	1.8	16	13	
Malt-O-Meal Marshmallow Mateys	0.13	180	12.8	221	1.4	7	224	5.8	18	5	
Nutty Nuggets, Ralston Purina	2.89	183	14.2	618	9.9	18	551	43.0	116	10	
Multi Bran Chex	0.44	183	13.0	391	7.6	8	536	21.7	81	5	
Familia	1.94	184	32.0	61	10.4	3	20	3.4	387	21	
Smart Start, Kellogg's	0.30	184	14.0	275	2.7	23	400	18.0	24	11	
Grape-Nuts	2.97	185	14.6	635	10.2	19	566	44.1	119	11	
Froot Loops	0.17	185	12.9	138	2.7	5	94	4.2	7	2	
Honey Smacks, Kellogg's (formerly Smacks; Honey Smacks)	0.27	186	20.2	67	1.3	8	135	0.5	21	17	
Trix	0.24	186	12.0	180	1.1	6	100	4.5	8	2	
Cornstarch with milk, eaten as a cereal (2 tbsp cornstarch in 2-1/2 cups milk)	0.30	187	13.2	115	0.0	1	10	0.1	28	8	
Granola, lowfat, Kellogg's	0.79	187	27.4	215	6.0	12	800	3.6	74	17	
Wheat, puffed, presweetened with sugar	0.21	187	20.9	64	0.7	8	141	1.5	23	18	
Malt-O-Meal Golden Puffs (formerly Sugar Puffs)	0.24	187	17.9	60	1.2	7	120	0.4	19	16	
Oh's, Fruittangy, Quaker	0.19	188	13.4	152	0.8	6	104	4.7	18	2	
100 % Natural Cereal, with oats, honey and raisins, Quaker	0.42	189	30.5	55	6.6	3	32	2.6	103	14	
Corn Chex	0.20	190	3.1	289	1.2	6	207	9.3	16	3	
Lucky Charms	0.23	192	14.4	244	1.7	9	268	6.6	21	6	
Alpha-Bits	0.16	192	12.5	212	1.3	6	100	2.7	25	4	
Cap'n Crunch's Peanut Butter Crunch	0.20	194	11.9	267	1.0	9	559	6.6	25	0	
Crisp Crunch	0.15	194	13.2	224	0.8	7	467	5.8	16	2	
Raisin Bran, Total	0.34	196	19.0	240	5.0	23	400	18.0	32	4	
Frosted Flakes, Kellogg's	0.18	196	15.9	189	0.7	13	157	9.6	3	2	
Oh's, Honey Graham	0.24	196	15.5	221	0.7	10	534	7.9	16	2	
Oreo O's cereal, Post	0.18	197	16.9	171	2.0	8	133	2.4	20	5	
Granola with Raisins, lowfat, Kellogg's	0.73	198	26.1	222	5.8	9	600	2.7	67	16	
Rice Krispies Treats Cereal, Kellogg's	0.29	199	12.4	222	0.1	8	134	2.5	9	5	
Toasties, Post	0.12	200	1.8	266	1.3	6	100	5.4	4	1	
Great Grains, Raisin, Date, and Pecan Whole Grain Cereal, Post	0.65	202	19.9	233	6.0	9	150	5.4	68	11	
Cocoa Krispies	0.24	205	13.9	260	0.8	8	261	9.1	16	7	
Corn Pops	0.17	206	13.9	112	0.2	5	95	1.8	2	2	
Cracklin' Oat Bran	0.52	207	23.4	226	9.3	9	149	2.7	113	8	
Frosty O's	0.16	209	14.6	243	1.5	7	243	5.5	19	5	
All-Bran Bran Buds, Kellogg's (formerly Bran Buds)	0.57	209	24.3	608	38.7	18	1211	13.5	185	26	
Raisin Bran, Post	0.25	209	16.6	289	7.1	10	201	14.2	93	3	
Crispy Wheats'n Raisins	0.34	211	18.2	251	5.0	12	200	7.5	42	4	
Chocolate flavored frosted puffed corn cereal	0.16	212	14.1	201	1.1	6	106	4.8	11	2	
Cocoa Puffs	0.24	212	16.8	192	1.8	7	120	5.4	10	2	
Sweet Puffs, Quaker	0.09	212	16.1	80	1.2	2	6	0.6	19	2	
Disney cereals, Kellogg's	0.17	212	13.5	155	0.0	6	97	4.4	4	1	
100% Bran	0.50	213	21.2	363	24.9	17	300	24.3	242	7	
Great Grains Double Pecan Whole Grain Cereal, Post	0.68	215	15.9	419	7.3	11	197	5.3	90	15	
Frankenberry	0.22	215	15.4	209	0.3	6	110	5.0	3	7	
Cinnamon Toast Crunch	0.25	216	13.3	280	1.5	11	150	7.3	17	3	
Cap'n Crunch's Crunch Berries	0.19	218	15.7	245	0.9	9	539	6.8	19	0	
Cocoa Pebbles	0.22	221	17.2	211	0.6	8	135	2.4	14	5	
Frosted Cheerios	0.18	221	15.9	264	1.6	8	264	5.9	21	6	
Honey Nut Chex	0.17	222	12.0	293	0.4	8	267	12.0	7	1	
Cap'n Crunch	0.19	222	15.8	269	0.9	9	560	6.9	19	2	
Count Chocula	0.32	224	15.6	228	1.4	7	120	5.4	11	2	
Malt-O-Meal Coco-Roos	0.17	225	18.6	227	0.7	9	267	7.8	9	3	
Booberry	0.22	225	15.4	209	0.3	6	110	5.0	0	2	
Frosted Rice Krispies, Kellogg's	0.28	230	15.6	257	0.1	8	133	7.2	11	6	
Oatmeal Crisp, Raisin (formerly Oatmeal Raisin Crisp)	0.38	232	20.3	248	3.8	7	113	5.1	45	11	
Fruit & Fibre (fiber) with dates, raisins, and walnuts	0.37	234	16.4	280	5.3	6	100	5.4	66	10	
Marshmallow Safari, Quaker	0.13	236	18.9	256	1.7	8	133	6.0	22	8	
Raisin Bran, Kellogg's	0.26	236	18.2	354	6.8	11	156	7.8	77	2	
Oatmeal Crisp with Almonds	0.41	237	17.5	273	4.5	6	109	4.9	65	10	
Basic 4	0.38	237	14.0	320	3.2	6	100	4.5	32	9	



Food	Price (\$)	Overall Nutrient Content Rank	Total Sugar (g)	Sodium (mg)	Fiber (g)	B Vits^ (mg)	Folate (ug)	Iron (mg)	Magnesium (mg)	Selenium (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Honey Crunch Corn Flakes, Kellogg's	0.06	238	13.2	280	1.4	8	133	2.5	9	2	
Reese's Peanut Butter Puffs cereal	0.26	241	16.0	267	1.6	8	133	6.0	11	3	
Golden Grahams	0.28	241	13.3	360	1.3	8	133	6.0	11	2	
Fruity Pebbles	0.17	244	17.6	234	0.3	8	133	2.4	8	6	
Raisin Nut Bran	0.43	247	17.7	296	6.4	7	118	5.3	47	5	
Oatmeal Crisp, Apple Cinnamon (formerly Oatmeal Crisp with Apples)	0.38	250	19.0	270	4.0	6	100	4.5	40	10	
Honey Nut Clusters (formerly called Clusters)	0.38	252	17.0	280	3.0	6	100	4.5	24	6	
Nature Valley Granola, with fruit and nuts	0.31	284	27.4	308	4.1	2	11	1.6	36	14	

**Table 11: Milk from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Total Sugar (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Vit D (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Milk, cow's, fluid, lactose reduced, nonfat	0.34	47	0.1	103	12	8.3	299	382	2.9	Yes.
Milk, cow's, fluid, skim or nonfat, 0.5% or less butterfat	0.34	47	0.1	103	12	8.3	299	382	2.9	Yes.
Milk, chocolate, skim milk-based	0.30	58	0.4	98	25	8.6	288	463	2.8	No, exceeds sugar cut-off.
Milk, dry, nonfat, not reconstituted	0.09	61	0.1	126	12	8.1	283	392	2.5	No, not commonly consumed in this form.
Milk, cow's, fluid, 1% fat	0.18	62	1.5	107	13	8.2	305	366	2.9	Yes.
Milk, cow's, fluid, acidophilus, 1% fat	0.18	63	1.5	106	13	8.2	303	363	2.9	Yes.
Milk, cow's, fluid, lactose reduced, 1% fat	0.18	63	1.6	108	13	8.3	308	369	3.0	Yes.
Milk, goat's, fluid, whole	0.54	63	6.5	122	11	8.7	327	498	3.2	No, cost excludes.
Milk beverage with nonfat dry milk and low calorie sweetener, high calcium, water added, chocolate	0.06	64	0.3	94	4	3.4	275	305	0.7	No, we do not recommend artificially sweetened foods.
Milk, dry, reconstituted, nonfat	0.09	64	0.1	135	12	8.0	287	387	2.5	Yes. Lowest Cost Recommendation.
Milk, dry, reconstituted, lowfat	0.09	67	0.3	135	12	8.0	287	387	2.5	Yes. Lowest Cost Recommendation.
Cocoa, whey, and low-calorie sweetener mixture, lowfat milk added	0.23	68	1.6	155	15	9.1	338	515	3.0	No, exceeds sodium cut-off.
Milk, evaporated, skim (formerly NS as to dilution, used in coffee or tea)	0.50	70	0.3	294	29	19.3	742	850	5.1	No, cost excludes.
Milk, soy, ready-to-drink, not baby's	0.45	71	0.5	115	9	6.4	289	299	2.5	Yes.
Cocoa and sugar mixture, skim milk added	0.41	71	0.6	128	29	8.6	353	433	2.8	No, exceeds sugar cut-off.
Milk, cow's, fluid, lactose reduced, 2% fat	0.17	72	3.1	115	12	8.1	293	342	2.9	Yes, children can drink whole or 2% milk from age 1 to 2. Children older than 2 should drink non-fat or 1% milk (AHA, 2006).
Milk, cow's, fluid, 2% fat	0.17	72	3.1	115	12	8.1	293	342	2.9	Yes, children can drink whole or 2% milk from age 1 to 2. Children older than 2 should drink non-fat or 1% milk (AHA, 2006).
Milk, dry, nonfat, not reconstituted	0.26	72	0.3	373	35	23.9	837	1159	7.5	No, not commonly consumed in this form.
Milk, cow's, fluid, acidophilus, 2% fat	0.17	74	3.1	115	12	8.1	294	343	2.9	Yes, children can drink whole or 2% milk from age 1 to 2. Children older than 2 should drink non-fat or 1% milk (AHA, 2006).
Milk, calcium fortified, cow's, fluid, whole	0.42	74	4.6	106	13	7.8	1018	326	3.2	Yes, children can drink whole or 2% milk from age 1 to 2. Children older than 2 should drink non-fat or 1% milk (AHA, 2006).
Milk, dry, reconstituted, whole	0.05	76	5.0	120	12	7.9	281	400	3.2	No, exceeds saturated fat cut-off.
Milk, dry, lowfat, not reconstituted	0.46	76	1.3	653	62	41.7	1463	2026	13.1	No, not commonly consumed in this form.
Sour cream, fat free	0.81	76	0.0	361	1	7.9	320	330	0.0	
Chocolate syrup, skim milk added	0.36	77	0.3	115	28	8.0	270	413	2.5	
Sour cream, reduced fat	0.74	78	21.6	174	1	17.4	350	523	0.7	
Sour cream, light	0.83	79	16.4	176	1	8.7	350	526	0.5	
Cocoa and sugar mixture, lowfat milk added	0.25	79	1.9	133	29	8.6	360	418	2.8	
Milk, evaporated, 2% fat (formerly NS as to dilution)	0.46	80	3.1	285	28	18.7	718	822	5.0	
Milk, cow's, fluid, lactose reduced, whole	0.36	80	4.6	105	13	7.7	276	322	3.2	
Milk, cow's, fluid, whole	0.36	80	4.6	105	13	7.7	276	322	3.2	
Cocoa with nonfat dry milk and low calorie sweetener, mixture, water added	0.19	82	0.3	180	7	3.0	120	528	0.0	

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Total Sugar (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Vit D (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Eggnog, made with whole milk	0.43	84	6.6	137	21	11.6	330	419	3.0	
Buttermilk, fluid, 1% fat	0.28	85	1.3	257	12	8.1	284	370	0.0	
Buttermilk, fluid, nonfat	0.28	85	1.3	257	12	8.1	284	370	0.0	
Chocolate syrup, lowfat milk added	0.22	86	1.5	120	28	8.0	275	400	2.5	
Buttermilk, fluid, 2% fat	0.28	86	3.0	211	13	10.0	350	441	0.0	
Milk, soy, ready-to-drink, not baby's, chocolate	0.44	87	0.6	127	19	5.4	290	343	2.4	
Milk, evaporated, whole (formerly NS as to dilution, used in coffee or tea)	0.49	88	11.6	267	25	17.2	658	764	5.0	
Cream, half and half	0.51	89	17.3	99	0	7.2	254	315	0.5	
Cream, light, whipped, unsweetened	1.85	89	23.2	41	0	2.6	83	116	0.7	
Cocoa and sugar mixture, reduced fat milk added	0.25	89	3.3	140	29	8.5	348	395	2.8	
Whipped cream substitute, nondairy, lowfat, low sugar, made from powdered mix	1.37	90	2.5	85	8	0.7	2	21	0.0	
Milk, imitation, fluid, non-soy, sweetened, flavors other than chocolate	0.57	90	0.6	134	13	3.9	200	366	2.7	
Cream, light, fluid	0.72	91	28.8	96	0	6.5	230	293	1.0	
Cream, heavy, fluid	2.30	92	54.8	90	0	4.9	155	179	1.7	
Milk, chocolate, reduced fat milk-based, 2% (formerly "lowfat")	0.38	92	2.9	165	24	7.5	273	423	3.0	
Cream, heavy, whipped, unsweetened	1.15	93	27.4	45	0	2.4	77	89	0.8	
Chocolate syrup, reduced fat milk added	0.21	95	2.9	125	28	7.9	265	378	2.5	
Cocoa and sugar mixture, whole milk added	0.42	95	4.7	130	29	8.1	333	378	3.0	
Milk, chocolate, whole milk-based	0.29	96	5.3	150	24	7.9	280	418	3.3	
Milk, dry, whole, not reconstituted	0.19	96	21.4	475	49	33.7	1167	1702	13.4	
Cream, whipped, pressurized container	1.03	97	8.3	78	5	1.9	61	88	0.2	
Cream, heavy, whipped, sweetened	1.09	97	25.8	43	7	2.3	73	84	0.8	
Cream, half and half, fat free	0.48	99	2.0	348	12	6.3	232	499	0.0	
Eggnog, made with 2% reduced fat milk (formerly eggnog, made with "2% lowfat" milk)	0.35	100	3.9	155	17	12.0	269	343	0.5	
Milk beverage, made with whole milk, flavors other than chocolate	0.39	101	4.3	108	32	7.3	260	305	3.0	
Milk, flavors other than chocolate, whole milk-based	0.39	101	4.3	108	32	7.3	260	305	3.0	
Chocolate syrup, whole milk added	0.38	102	4.2	118	28	7.5	250	360	2.8	
<b>Milk, human</b>	0.00	104	4.9	42	17	2.5	79	125	0.2	Best for babies (and mom), and free!
Whipped cream substitute, nondairy, made from powdered mix	0.31	106	8.5	53	14	2.9	72	121	0.7	
Cream substitute, light, liquid	0.62	110	2.2	145	22	1.9	2	428	0.0	
Milk, condensed, sweetened (formerly NS as to dilution)	1.08	111	16.8	389	166	24.2	869	1135	0.6	
Dip, sour cream base	1.04	111	25.8	1703	9	6.1	275	452	1.0	
Sour cream	0.75	114	26.5	184	8	4.8	253	324	0.9	
Cream substitute, liquid	0.62	123	4.6	190	27	2.4	22	458	0.0	
Cream substitute, frozen	0.62	123	4.6	190	27	2.4	22	458	0.0	
Cream substitute, light, powdered	0.41	130	3.6	215	69	1.8	1	848	0.0	
Cream substitute, powdered	0.34	136	30.6	170	52	4.5	21	763	0.0	

**Table 12: Cheese from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cubic inch**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Total Sugar (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Vit D (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Cheese, Swiss, lowfat	0.19	32	0.5	39	0.2	4.3	144	17	0.02	No, cost excludes.
<i>Cheese, Mozzarella, part skim</i>	0.13	41	1.9	93	0.1	4.6	129	17	0.07	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
Cheese, Gruyere	0.21	42	2.8	50	0.1	4.5	152	12	0.09	No, cost excludes.
<i>Cheese, Mozzarella, nonfat or fat free</i>	0.14	42	0.0	131	0.3	5.6	169	19	0.00	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
<b>Queso Fresco</b>	0.07	45	0.9	24	0.1	2.2	51	24	0.02	Yes.
<i>Cheese, cottage, nonfat (dry curd)</i>	0.05	47	0.0	48	0.3	1.5	13	20	0.00	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
<b>Cheese, Ricotta</b>	0.06	48	1.1	18	0.0	1.9	41	20	0.03	Yes.
Cheese, Swiss	0.16	49	2.7	29	0.2	4.0	119	12	0.08	No, cost excludes.
<b>Puerto Rican white cheese (queso del pais, blanco)</b>	0.06	50	1.4	14	0.0	1.9	35	18	0.03	Yes.
Cheese, Port du Salut	0.24	50	2.9	92	0.1	4.1	112	23	0.09	No, cost excludes.
<i>Cheese, Monterey, lowfat</i>	0.13	50	2.3	94	0.1	4.7	117	13	0.07	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
Cheese, processed, American or Cheddar type, low sodium	0.10	51	3.4	1	0.1	3.9	108	28	0.11	No, exceeds saturated fat cut-off.
Cheese, Muenster, lowfat	0.36	54	1.9	105	0.6	4.3	93	23	0.05	No, cost excludes.
<b>Cheese, cottage, whole (creamed), large or small curd</b>	0.05	54	0.2	53	0.4	1.6	12	15	0.01	Yes, but read ingredients to avoid added sugars.
<i>Cheese, cottage, lowfat (1-2% fat)</i>	0.06	55	0.1	64	0.4	1.9	10	13	0.00	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients, sodium and sugar content.
<i>Cheese, cottage, nonfat (dry curd), salted</i>	0.05	56	0.0	104	0.3	1.5	12	20	0.00	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
Cheese, processed, Swiss, lowfat	0.10	57	0.6	250	0.2	4.5	120	32	0.02	No, exceeds sodium cut-off.
Cheese, Monterey	0.14	57	3.3	92	0.1	4.2	128	14	0.10	No, exceeds saturated fat cut-off.
<i>Imitation cheese, American or cheddar type, low cholesterol</i>	0.15	57	1.0	119	0.2	4.4	125	10	0.00	No, we do not recommend processed foods.
<i>Cheese, Cheddar or Colby, lowfat</i>	0.16	59	0.8	106	0.1	4.2	72	11	0.02	No, many low-fat cheeses are filled with too many additives to recommend. Check the ingredients and sodium.
Cheese, processed, American or Cheddar type, lowfat	0.11	59	0.8	250	0.1	4.3	120	32	0.02	No, exceeds sodium cut-off.
Cheese, Brick	0.14	61	3.2	96	0.1	4.0	116	23	0.09	No, exceeds saturated fat cut-off.
Cheese, processed, American or Cheddar type, nonfat or fat free	0.10	61	0.1	248	1.6	3.6	112	47	0.00	No, exceeds sodium cut-off.
Cheese, Provolone	0.23	61	2.9	149	0.1	4.3	129	23	0.09	No, cost excludes.
Cheese, Colby Jack	0.13	62	3.3	97	0.1	4.1	122	18	0.10	No, exceeds saturated fat cut-off.
Cheese, processed, Swiss	0.17	63	2.9	245	0.2	4.4	138	39	0.09	
Cheese, goat	0.28	63	5.0	103	0.5	5.9	111	20	0.13	
Cheese, Muenster	0.17	64	3.3	110	0.2	4.1	125	23	0.11	
Cheese, cream	0.10	65	3.1	52	0.5	1.0	16	22	0.10	
Cheese, Gouda or Edam	0.21	65	3.0	157	0.3	4.2	123	29	0.09	
Cheese, processed cheese product, American or Cheddar type, reduced fat	0.16	66	1.5	278	1.4	3.1	93	58	0.23	
Cheese, Mozzarella, whole milk	0.13	67	2.3	110	0.2	3.9	89	13	0.07	
Cheese, processed, American or Cheddar type	0.10	67	2.8	229	1.1	3.1	94	48	0.12	
Cheese, Colby	0.13	67	3.5	104	0.1	4.1	118	22	0.10	
Cheese, natural, Cheddar or American type	0.12	69	3.6	106	0.1	4.2	123	17	0.10	
Cheese, Parmesan, hard	0.17	70	1.7	165	0.1	3.7	122	9	0.05	
Imitation cheese, American or cheddar type	0.13	70	1.5	235	1.4	2.9	98	42	0.00	
Cheese, Camembert	0.24	70	2.6	143	0.1	3.4	66	32	0.07	
Cheese, Brie	0.24	71	3.0	107	0.1	3.5	31	26	0.09	
Cheese, Cheddar or American type, NS as to natural or processed	0.11	71	3.0	186	0.8	3.5	103	37	0.12	
Queso Asadero	0.14	71	3.2	118	0.5	4.1	119	15	0.09	
Cheese spread, American or Cheddar cheese base	0.15	72	2.3	235	1.3	2.9	98	42	0.07	
Queso Chihuahua	0.14	74	3.2	105	0.9	3.7	111	9	0.09	

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Total Sugar (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Vit D (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Cheese, Fontina	0.21	76	2.9	120	0.2	3.8	83	10	0.09	
Cheese, Blue or Roquefort	0.25	82	3.2	241	0.1	3.7	91	44	0.09	
Cheese, Feta	0.24	82	2.5	190	0.7	2.4	84	11	0.07	
Queso Anejo (aged Mexican cheese)	0.12	83	3.3	198	0.8	3.8	119	15	0.09	
Cheese, processed, American and Swiss blends	0.10	87	3.4	261	0.1	3.9	97	30	0.11	



**Table 13: Yogurt from EWG's Good Food on a Tight Budget Analysis**

**Serving: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Sodium levels are provided here for reference only, but were not used to calculate rank. Both sodium and potassium levels are naturally high in milk.

\*\* Nutrient values obtained from popular market brand, prices from Peapod online grocer

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium* (mg)	Total Sugar (g)	Protein (g)	Calcium (mg)	Potassium (mg)	Vit D (ug)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Yogurt, greek, non-fat**	1.25	13	0	80	7	18	200	250	0.0	No, cost excludes.
<b>Yogurt, plain, nonfat milk</b>	0.62	15	0.3	189	19	14	488	625	0.0	Yes.
Yogurt, fruit variety, lowfat milk, sweetened with low-calorie sweetener	0.74	17	2.2	142	7	12	372	475	1.5	No, exceeds saturated fat cut-off.
Yogurt, chocolate, nonfat milk	0.62	18	0.0	331	37	9	216	831	1.5	No, exceeds sugar cut-off.
<b>Yogurt, fruit variety, nonfat milk, sweetened with low-calorie sweetener</b>	0.61	18	0.2	128	17	9	323	470	1.4	No, we do not recommend artificially-sweetened foods.
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk, sweetened with low-calorie sweetener	0.62	19	0.3	145	18	9	350	434	1.5	No, we do not recommend artificially-sweetened foods.
Yogurt, vanilla, lemon, maple, or coffee flavor, lowfat milk	0.74	19	2.0	162	34	12	419	537	1.5	No, exceeds sugar cut-off.
Yogurt, vanilla, lemon, maple, or coffee flavor, nonfat milk	0.62	20	0.3	149	40	10	372	470	1.5	No, exceeds sugar cut-off.
Soy yogurt	0.91	20	0.7	92	3	9	309	123	0.0	No, cost excludes.
Yogurt, plain, lowfat milk	0.74	20	2.5	172	17	13	448	573	0.0	No, exceeds saturated fat cut-off.
Yogurt, greek, low fat**	1.25	21	2.0	70	7	17	200	250	0.0	No, cost excludes.
Yogurt, fruit variety, nonfat milk	0.62	22	0.3	142	47	11	372	475	1.5	
Yogurt, vanilla, lemon, or coffee flavor, whole milk	0.85	23	4.9	159	33	12	412	527	1.5	
Yogurt, fruit variety, lowfat milk	0.74	24	1.7	142	47	11	372	478	1.5	
Yogurt, plain, whole milk	0.85	29	5.1	113	11	9	296	380	0.2	
Yogurt, fruit variety, whole milk	0.85	30	4.9	140	46	10	365	468	1.7	

**Table 14: Meat from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 ounce**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids ^^Sum of thiamin, riboflavin, niacin, B6

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s <sup>^</sup> (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits <sup>^^</sup> (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Venison/deer, roasted	0.28	66	0.6	76	0.0	10.2	8	1.4	2.4	2.5	0.2	No, cost excludes.
Turkey, light and dark meat, roasted, skin not eaten	0.12	84	0.4	65	0.0	8.2	7	0.5	0.9	1.7	0.1	Yes.
Turkey, light meat, cooked, skin not eaten	0.16	92	0.3	63	0.0	8.3	8	0.4	0.6	2.1	0.0	Yes.
Turkey, light meat, roasted, skin not eaten	0.16	92	0.3	63	0.0	8.3	8	0.4	0.6	2.1	0.0	Yes.
Turkey, dark meat, roasted, skin not eaten	0.16	94	0.6	67	0.1	8.0	7	0.6	1.2	1.2	0.2	Yes.
Goat, boiled	0.21	97	0.3	70	0.0	7.7	0	1.1	1.5	1.3	0.1	Yes.
Goat, baked	0.21	97	0.3	70	0.0	7.7	0	1.1	1.5	1.3	0.1	Yes.
Heart, cooked	0.20	99	0.4	108	0.0	8.0	6	1.8	0.8	2.3	0.1	No, environmental pollutants may accumulate in organ meats (Mariam 2004).
Beef steak, broiled or baked, lean only eaten	0.42	104	0.7	107	0.0	8.4	7	0.6	1.5	2.4	0.1	No, cost excludes.
Veal cutlet or steak, broiled, lean only eaten	0.72	109	0.4	113	0.0	9.3	9	0.2	0.9	3.8	0.1	No, cost excludes.
Veal cutlet or steak, fried, lean only eaten	0.72	109	0.4	113	0.0	9.3	9	0.2	0.9	3.8	0.1	No, cost excludes.
Beef steak, fried, lean only eaten	0.36	110	0.6	107	0.0	7.9	8	0.7	1.2	1.8	0.1	No, cost excludes.
Chicken, breast, roasted, broiled, or baked, skin not eaten	0.16	110	0.3	111	0.0	8.6	8	0.3	0.3	4.0	0.1	Yes.
Chicken, breast, stewed, skin not eaten	0.15	111	0.2	108	0.0	8.0	7	0.2	0.3	2.5	0.1	Yes.
Turkey, light and dark meat, roasted, skin eaten	0.11	113	0.8	65	0.1	7.9	7	0.5	0.8	1.6	0.1	Yes. Lowest Cost Recommendation.
Beef liver, fried	0.14	114	0.4	113	0.0	7.5	6	1.7	1.5	6.2	0.1	No, environmental pollutants may accumulate in organ meats (Mariam 2004).
Beef liver, braised	0.16	115	0.5	114	0.0	8.2	6	1.8	1.5	6.2	0.1	No, environmental pollutants may accumulate in organ meats (Mariam 2004).
Turkey, light meat, cooked, skin eaten	0.14	117	0.7	64	0.0	8.1	7	0.4	0.6	2.0	0.0	Yes.
Turkey, light meat, roasted, skin eaten	0.14	117	0.7	64	0.0	8.1	7	0.4	0.6	2.0	0.0	Yes.
Beef, roast, roasted, lean only eaten	0.34	118	0.9	60	0.0	8.0	6	0.7	1.7	1.5	0.1	No, cost excludes.
Chicken liver, braised	0.09	120	0.6	113	0.0	6.9	7	3.3	1.1	4.0	0.2	No, environmental pollutants may accumulate in organ meats (Mariam 2004).
Veal, roasted, lean only eaten	0.70	120	0.7	73	0.0	7.4	7	0.2	0.9	2.9	0.1	No, cost excludes.
Turkey, thigh, cooked, skin not eaten	0.16	122	0.6	112	0.0	7.9	7	0.6	1.2	1.2	0.2	Yes.
Pork chop, stewed, lean only eaten	0.33	125	0.5	35	0.0	7.1	7	0.2	0.5	2.8	0.0	No, cost excludes.
Turkey, dark meat, roasted, skin eaten	0.14	126	1.0	67	0.1	7.8	7	0.6	1.2	1.2	0.2	Yes.
Goat, fried	0.21	128	0.3	114	0.0	7.5	0	1.0	1.5	1.3	0.1	Yes.
Lamb, roast, cooked, lean only eaten	0.46	135	1.0	65	0.0	7.5	7	0.6	1.6	1.9	0.1	No, cost excludes.
Chicken, breast, roasted, broiled, or baked, skin eaten	0.22	136	0.6	111	0.0	8.4	8	0.3	0.3	3.8	0.1	Yes.
Chicken, breast, stewed, skin eaten	0.19	140	0.6	109	0.0	7.7	6	0.3	0.3	2.3	0.1	Yes.
Beef, roast, canned	0.20	142	1.2	18	0.0	7.8	7	0.8	1.9	1.2	0.0	No, we recommend limiting canned foods when other affordable options are available (EWG 2007 and Noonan 2011).
Pork roast, loin, cooked, lean only eaten	0.29	142	1.0	62	0.0	8.1	8	0.3	0.7	2.2	0.1	No, cost excludes.
Chicken, drumstick, roasted, broiled, or baked, skin not eaten	0.16	143	0.4	117	0.0	7.9	7	0.4	0.9	1.9	0.1	Yes.
Chicken, drumstick, stewed, skin not eaten	0.17	144	0.4	113	0.0	7.6	6	0.4	0.8	1.3	0.1	Yes.
Beef, pot roast, braised or boiled, lean only eaten	0.31	147	1.2	64	0.0	9.0	7	0.9	2.5	1.2	0.1	No, cost excludes.
Chicken, drumstick, fried, no coating, skin not eaten	0.16	147	0.6	142	0.1	8.1	7	0.4	0.9	2.0	0.1	Yes.
Turkey, thigh, cooked, skin eaten	0.10	148	0.9	113	0.1	7.8	7	0.6	1.2	1.2	0.2	Yes.
Turkey, light or dark meat, stewed, skin not eaten	0.13	149	0.4	144	0.0	8.4	6	0.5	0.9	1.2	0.1	Yes.
Beef steak, fried, lean and fat eaten	0.34	150	1.7	108	0.1	8.8	7	0.8	1.4	1.2	0.1	No, cost excludes.
Beef steak, broiled or baked, lean and fat eaten	0.35	152	1.5	105	0.0	7.9	6	0.6	1.4	2.0	0.1	No, cost excludes.
Beef, dried, chipped, cooked in fat	0.32	153	1.8	15	0.0	6.9	6	0.5	1.3	1.9	0.1	No, cost excludes.
Chicken, leg (drumstick and thigh), fried, no coating, skin not eaten	0.13	154	0.7	143	0.1	8.0	7	0.4	0.8	2.1	0.1	Yes.
Chicken, leg (drumstick and thigh), stewed, skin not eaten	0.12	156	0.6	112	0.0	7.3	6	0.4	0.8	1.5	0.1	Yes.
Beef steak, braised, lean only eaten	0.33	159	1.1	109	0.0	9.3	7	1.0	2.4	1.2	0.1	No, cost excludes.

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
<b>Chicken, leg (drumstick and thigh), roasted, broiled, or baked, skin not eaten</b>	0.12	159	0.6	116	0.0	7.5	7	0.4	0.8	1.9	0.1	Yes.
Chicken, thigh, fried, no coating, skin not eaten	0.18	160	0.7	144	0.1	7.9	7	0.4	0.8	2.2	0.1	
Turkey, light or dark meat, smoked, cooked, skin not eaten	0.11	160	0.4	279	0.0	8.2	7	0.5	0.9	1.7	0.1	
Duck, pressed, Chinese	0.08	160	0.9	63	0.0	2.0	6	0.4	0.2	0.7	0.2	
Beef, roast, roasted, lean and fat eaten	0.25	160	1.9	62	0.0	7.3	6	0.7	1.6	1.3	0.1	
Chicken, thigh, stewed, skin not eaten	0.17	163	0.8	111	0.1	6.9	6	0.4	0.7	1.6	0.1	
Beef, pot roast, braised or boiled, lean and fat eaten	0.24	163	2.2	63	0.1	8.1	6	0.8	2.1	1.1	0.1	
Beef brisket, cooked, lean only eaten	0.20	165	1.2	62	0.0	8.3	4	0.8	1.9	0.7	0.0	
Pork chop, stewed, lean and fat eaten	0.24	166	1.0	37	0.0	7.4	6	0.2	0.6	2.2	0.0	
Beef, stew meat, cooked, lean only eaten	0.30	167	1.2	110	0.0	9.0	7	0.9	2.5	1.2	0.1	
Chicken, breast, fried, no coating, skin not eaten	0.32	169	0.4	155	0.0	8.6	8	0.1	0.2	3.7	0.1	
Lamb, shoulder chop, cooked, lean only eaten	0.45	170	1.1	111	0.0	7.0	7	0.6	1.7	1.8	0.1	
Lamb, loin chop, cooked, lean only eaten	1.00	170	1.0	115	0.0	8.4	8	0.6	1.2	2.1	0.0	
Chicken liver, fried	0.10	170	1.0	177	0.0	7.9	8	4.0	1.2	4.8	0.3	
Pork steak or cutlet, broiled or baked, lean only eaten	0.21	171	1.0	111	0.0	7.8	7	0.4	1.0	1.9	0.1	
Pork, tenderloin, braised	0.28	172	1.0	105	0.0	8.0	6	0.3	0.7	1.7	0.1	
Liver paste or pate, chicken	0.17	173	1.1	109	0.0	3.8	4	2.6	0.6	2.6	0.3	
Chicken, thigh, roasted, broiled, or baked, skin not eaten	0.17	174	0.8	115	0.1	7.2	7	0.4	0.7	2.0	0.1	
Pork, tenderloin, baked	0.16	174	0.4	130	0.0	6.7	8	0.3	0.6	2.6	0.0	
Turkey, ground	0.14	174	1.0	122	0.1	7.7	7	0.5	0.8	1.5	0.1	
Lamb, roast, cooked, lean and fat eaten	0.32	175	2.2	65	0.1	6.8	7	0.6	1.4	1.9	0.0	
Pork roast, loin, cooked, lean and fat eaten	0.24	176	1.5	63	0.0	7.6	7	0.3	0.7	2.1	0.1	
Chicken, drumstick, roasted, broiled, or baked, skin eaten	0.13	177	0.9	117	0.0	7.6	7	0.4	0.8	1.9	0.1	
Chicken, drumstick, stewed, skin eaten	0.13	178	0.8	113	0.0	7.1	6	0.4	0.7	1.3	0.1	
Pork chop, fried, lean only eaten	0.37	179	1.2	110	0.0	8.1	8	0.2	0.7	2.0	0.1	
Chicken, breast, fried, no coating, skin eaten	0.27	179	0.7	147	0.0	9.0	8	0.3	0.3	3.6	0.1	
Pork steak or cutlet, fried, lean only eaten	0.34	180	1.2	110	0.0	8.0	8	0.3	0.7	1.9	0.1	
Beef steak, braised, lean and fat eaten	0.25	183	2.2	107	0.1	8.3	6	0.8	2.0	1.0	0.1	
Meat loaf made with beef and pork, with tomato-based sauce	0.14	185	0.6	127	0.0	4.0	6	0.5	0.8	1.1	0.1	
Chicken, drumstick, coated, baked or fried, prepared skinless, coating eaten	0.13	185	0.9	137	0.1	6.6	6	0.4	0.7	1.7	0.1	
Ground beef, 85% - 89% lean, cooked (formerly extra lean)	0.20	186	1.7	112	0.0	7.3	6	0.7	1.8	1.7	0.1	
Beef, dried, chipped, uncooked	0.58	186	0.3	791	0.0	8.8	5	0.7	1.4	1.6	0.1	
Turkey, light or dark meat, smoked, cooked, skin eaten	0.13	190	0.8	282	0.1	8.0	7	0.5	0.8	1.6	0.1	
Beef, stew meat, cooked, lean and fat eaten	0.24	190	2.4	108	0.1	7.9	5	0.8	2.1	1.1	0.1	
Chicken, ground	0.15	190	1.1	115	0.1	7.7	7	0.4	0.5	2.6	0.1	
Chicken, leg (drumstick and thigh), stewed, skin eaten	0.09	190	1.0	112	0.1	6.8	6	0.4	0.7	1.4	0.1	
Chicken, leg (drumstick and thigh), roasted, broiled, or baked, skin eaten	0.09	192	1.0	116	0.1	7.3	7	0.4	0.7	1.9	0.1	
Pork steak or cutlet, broiled or baked, lean and fat eaten	0.18	193	1.4	109	0.0	7.6	7	0.4	1.0	1.7	0.1	
Beef brisket, cooked, lean and fat eaten	0.15	194	2.7	64	0.1	7.3	6	0.7	1.6	1.1	0.1	
Pork chop, broiled or baked, lean only eaten	0.29	194	0.9	117	0.0	7.9	8	0.2	0.7	2.1	0.1	
Chicken, leg (drumstick and thigh), fried, no coating, skin eaten	0.11	194	1.1	151	0.1	7.7	7	0.4	0.8	2.0	0.1	
Chicken, breast, coated, baked or fried, prepared skinless, coating eaten	0.23	195	0.8	142	0.1	6.5	7	0.3	0.2	2.8	0.1	
Chicken, leg (drumstick and thigh), coated, baked or fried, prepared skinless, coating eaten	0.10	196	1.0	141	0.1	6.2	6	0.4	0.6	1.8	0.1	
Chicken, thigh, coated, baked or fried, prepared skinless, coating eaten	0.14	198	1.0	140	0.1	6.1	6	0.5	0.6	1.8	0.1	
Chicken, drumstick, fried, no coating, skin eaten	0.14	200	1.1	143	0.1	7.7	6	0.4	0.8	1.9	0.1	
Chicken, thigh, stewed, skin eaten	0.11	200	1.2	111	0.1	6.5	5	0.4	0.6	1.5	0.1	
Ground beef, 80% - 84% lean, cooked (formerly lean)	0.19	200	1.9	113	0.0	7.2	6	0.7	1.8	1.6	0.1	
Chicken, breast, coated, baked or fried, prepared with skin, skin/coating eaten	0.20	203	1.0	141	0.1	6.9	7	0.4	0.3	2.9	0.1	
Turkey ham	0.18	203	0.4	316	0.0	5.0	6	0.7	0.7	0.7	0.2	
Ground beef with textured vegetable protein, cooked	0.22	205	1.5	122	0.0	6.7	8	0.7	1.5	1.7	0.1	
Chicken or turkey loaf, prepackaged or deli, luncheon meat	0.23	205	0.3	254	0.0	4.7	6	0.2	0.3	2.1	0.1	
Chicken, thigh, roasted, broiled, or baked, skin eaten	0.12	205	1.2	115	0.1	7.0	6	0.4	0.7	2.0	0.1	
Pork steak or cutlet, fried, lean and fat eaten	0.27	206	1.9	109	0.0	7.6	7	0.2	0.7	1.8	0.1	
Meat loaf made with beef, with tomato-based sauce	0.13	208	0.9	128	0.0	3.8	5	0.5	0.9	1.0	0.2	

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Beef, sliced, prepackaged or deli, luncheon meat	0.38	209	0.3	317	0.0	5.1	5	0.6	0.9	1.6	0.1	
Pork chop, fried, lean and fat eaten	0.30	210	1.9	109	0.0	7.5	7	0.2	0.6	1.9	0.1	
Lamb, loin chop, cooked, lean and fat eaten	0.59	211	2.9	111	0.1	7.0	7	0.5	0.9	2.2	0.0	
Chicken, drumstick, coated, baked or fried, prepared with skin, skin/coating eaten	0.11	212	1.1	139	0.1	6.4	6	0.4	0.6	1.7	0.1	
Ham, sliced, low salt, prepackaged or deli, luncheon meat	0.14	213	0.7	271	0.0	6.2	5	0.4	0.7	1.9	0.1	
Ground beef, less than 80% lean, cooked (formerly regular)	0.18	214	2.0	113	0.0	7.2	6	0.7	1.7	1.5	0.1	
Turkey pastrami	0.23	216	0.5	278	0.0	4.6	4	1.2	0.6	1.2	0.1	
Meat loaf made with beef	0.16	217	1.0	117	0.0	4.6	6	0.6	1.0	1.1	0.1	
Chicken, thigh, fried, no coating, skin eaten	0.15	218	1.2	156	0.1	7.7	7	0.4	0.7	2.1	0.1	
Lamb, ground or patty, cooked	0.22	218	2.3	114	0.1	7.0	7	0.5	1.3	2.0	0.0	
Ham, fried, lean only eaten	0.17	218	0.6	346	0.1	5.8	5	0.2	0.6	1.7	0.2	
Turkey or chicken breast, prepackaged or deli, luncheon meat	0.22	221	0.1	288	0.0	4.8	6	0.4	0.4	0.2	0.0	
Pork chop, broiled or baked, lean and fat eaten	0.24	221	1.3	116	0.0	7.6	8	0.2	0.6	2.0	0.1	
Chicken, leg (drumstick and thigh), coated, baked or fried, prepared with skin, skin/coating eaten	0.09	223	1.2	146	0.1	6.2	6	0.4	0.6	1.7	0.1	
Pork roast, smoked or cured, cooked, lean only eaten	0.18	224	0.5	376	0.0	7.1	6	0.3	0.7	1.8	0.1	
Tripe, cooked	0.12	224	0.4	125	0.0	3.6	4	0.2	0.4	0.3	0.0	
Tongue, cooked	0.14	225	2.3	110	0.0	5.4	4	0.7	1.2	1.1	0.1	
Pork, ground or patty, cooked	0.14	228	2.2	112	0.0	7.2	7	0.4	0.9	1.6	0.1	
Pork roast, smoked or cured, cooked, lean and fat eaten	0.15	233	0.7	393	0.0	6.2	5	0.4	0.7	1.9	0.1	
Ham, smoked or cured, cooked, lean only eaten	0.18	234	0.5	365	0.0	6.1	6	0.2	0.6	1.8	0.1	
Ham, prosciutto	0.21	234	0.8	764	0.0	7.9	7	0.3	0.8	1.4	0.1	
Ham, smoked or cured, cooked, lean and fat eaten	0.15	236	0.6	382	0.0	5.7	6	0.3	0.6	1.9	0.1	
Chicken, thigh, coated, baked or fried, prepared with skin, skin/coating eaten	0.11	237	1.4	144	0.1	5.8	6	0.4	0.5	1.7	0.1	
Pork chop, smoked or cured, cooked, lean only eaten	0.37	237	0.7	349	0.0	7.1	5	0.3	0.8	1.7	0.1	
Turkey salami	0.20	238	0.8	285	0.0	5.5	6	0.4	0.7	1.5	0.1	
Ham, fried, lean and fat eaten	0.17	239	0.9	336	0.1	5.3	5	0.3	0.6	1.7	0.2	
Canadian bacon, cooked	0.45	244	0.8	438	0.0	6.9	6	0.2	0.5	2.4	0.1	
Honey loaf	0.19	245	0.4	374	0.0	3.2	5	0.4	0.7	1.2	0.0	
Pork and beef sausage, brown and serve, cooked	0.11	250	1.7	105	0.0	1.8	2	0.1	0.2	0.5	0.0	
Beef, bacon, cooked	0.26	254	4.1	639	0.1	8.9	8	0.9	1.8	2.0	0.1	
Turkey bacon, cooked	0.26	255	2.4	648	0.1	8.4	8	0.6	0.9	1.2	0.3	
Turkey and pork sausage, fresh, bulk, patty or link, cooked	0.24	259	2.3	249	0.1	6.4	5	0.5	0.9	1.5	0.1	
Head cheese	0.27	263	1.0	235	0.0	3.9	3	0.4	0.3	0.2	0.1	
Pork bacon, smoked or cured, cooked	0.29	265	3.9	655	0.1	10.5	9	0.4	1.0	3.4	0.1	
Corned beef, cooked, lean only eaten	0.12	266	1.8	285	0.1	7.7	4	0.6	1.0	0.8	0.0	
Corned beef, canned, ready-to-eat	0.12	266	1.8	285	0.1	7.7	4	0.6	1.0	0.8	0.0	
Bologna, turkey	0.28	278	1.2	355	0.1	3.2	5	0.9	0.4	0.8	0.1	
Pork sausage rice links, brown and serve, cooked	0.28	286	1.9	195	0.1	3.9	4	0.3	0.4	1.2	0.1	
Pork sausage, fresh, bulk, patty or link, cooked	0.32	287	2.6	212	0.0	5.5	5	0.4	0.6	2.0	0.2	
Hog maws (stomach), cooked	0.20	291	1.8	160	0.0	7.5	3	0.3	0.7	0.6	0.0	
Corned beef, cooked, lean and fat eaten	0.15	294	1.8	321	0.0	5.2	3	0.5	1.3	1.0	0.0	
Sandwich loaf, luncheon meat	0.13	296	1.6	365	0.1	4.2	5	0.2	0.8	1.1	0.1	
Pork chop, smoked or cured, cooked, lean and fat eaten	0.18	298	2.2	304	0.1	5.8	4	0.3	0.7	1.5	0.1	
Ham and cheese loaf	0.19	300	2.0	306	0.1	3.9	5	0.3	0.6	1.3	0.1	
Beef sausage, fresh, bulk, patty or link, cooked	0.32	300	3.1	185	0.0	5.2	4	0.4	1.2	1.2	0.1	
Luncheon loaf (olive, pickle, or pimiento)	0.23	302	1.6	390	0.0	3.2	7	0.3	0.4	0.8	0.1	
Italian sausage	0.15	303	2.7	342	0.1	5.4	5	0.4	0.7	1.5	0.1	
Beef sausage, brown and serve, links, cooked	0.06	305	2.0	118	0.0	2.0	2	0.2	0.4	0.5	0.1	
Bologna, pork	0.19	306	1.9	336	0.1	4.3	4	0.2	0.6	1.4	0.1	
Pork roll, cured, fried	0.11	306	3.2	294	0.1	3.7	3	0.4	0.5	1.1	0.1	
Bologna, chicken, beef, and pork	0.22	307	2.2	257	0.0	4.0	5	0.5	0.6	0.9	0.0	
Chorizos	0.07	311	2.0	173	0.1	3.4	3	0.2	0.5	0.9	0.0	
Deer bologna	0.21	311	3.2	306	0.0	2.9	4	0.3	2.6	0.8	0.1	
Pork and beef sausage	0.25	314	3.7	228	0.1	3.9	3	0.3	0.5	1.1	0.1	
Thuringer	0.15	318	3.2	364	0.1	4.9	4	0.6	0.7	1.4	0.1	

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Beef sausage, smoked	0.14	320	3.3	319	0.0	3.1	4	0.4	1.1	0.8	0.1	
Polish sausage	0.17	321	2.6	256	0.1	3.5	4	0.2	0.4	1.1	0.1	
Smoked sausage, pork	0.15	322	2.6	234	0.0	3.4	3	0.2	0.4	1.0	0.1	
Frankfurter or hot dog, beef and pork	0.13	327	3.1	321	0.1	3.5	3	0.3	0.6	0.8	0.1	



**Table 15: Seafood from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 ounce**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids ^^Sum of thiamin, riboflavin, niacin, B6

\* Nutrient values obtained from USDA's National Nutrient Database for Standard Reference, Release 24, prices from Peapod online grocer

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Tuna, fresh, steamed or poached	0.62	37	0.1	12	0.1	8.4	16	0.3	0.2	3.4	0.2	No, cost excludes.
Tuna, fresh, raw	0.49	43	0.1	10	0.1	6.6	14	0.2	0.1	3.2	0.1	No, cost excludes.
<b>Perch, steamed or poached</b>	0.30	49	0.1	20	0.1	6.9	10	0.3	0.4	0.5	0.1	Yes, but only once or twice a month to minimize PCB levels (EDF 2012).
<i>Ocean perch, steamed or poached</i>	0.30	51	0.1	24	0.1	6.6	10	0.3	0.2	0.7	0.4	No, mercury levels too high to recommend for regular consumption (EWG 2001).
<b>Salmon, steamed or poached</b>	0.35	53	0.2	21	0.4	7.1	8	0.3	0.2	2.2	0.2	Yes, we recommend wild Alaskan or Pacific salmon (EWG 2001).
<b>Tuna, canned, NS as to oil or water pack</b>	0.13	57	0.1	96	0.1	7.3	8	0.4	0.2	3.9	0.1	Yes, but only once or twice a month to minimize mercury levels (EWG 2001). Lowest cost recommendation.
<i>Oysters, canned, cooked</i>	0.32	58	0.2	35	0.2	2.2	17	2.1	28.0	0.5	0.3	No, mercury levels too high to recommend for regular consumption (EWG 2001).
<i>Oysters, canned, drained</i>	0.26	59	0.2	28	0.1	1.8	14	1.7	22.7	0.4	0.2	No, mercury levels too high to recommend for regular consumption (EWG 2001).
<b>Cod, steamed or poached</b>	0.38	60	0.0	23	0.1	6.3	8	0.1	0.1	0.7	0.2	Yes, we recommend Alaskan or Pacific, but only once or twice a month (EWG 2001). Try for a sustainably sourced fish (MBA 2012).
<i>Sea bass, steamed or poached</i>	0.42	60	0.2	22	0.2	6.5	13	0.1	0.1	0.7	0.3	No, mercury levels too high to recommend for regular consumption (EWG 2001).
Oysters, raw	0.55	64	0.2	60	0.2	2.0	13	1.9	25.7	0.5	0.2	No, cost excludes.
Tuna, fresh, baked or broiled	0.57	64	0.2	107	0.1	7.7	17	0.2	0.2	3.5	0.3	No, cost excludes.
<b>Tilapia,* cooked, dry heat</b>	0.42	64	0.3	16	0.2	7.4	10	0.2	0.1	1.4	0.2	Yes.
<b>Whiting, steamed or poached</b>	0.19	65	0.1	23	0.1	6.6	7	0.1	0.3	0.5	0.1	Yes.
Crayfish, boiled or steamed	0.63	66	0.1	116	0.1	4.7	9	0.2	0.5	0.7	0.4	No, cost excludes.
<i>Porgy, steamed or poached</i>	0.42	67	0.2	13	0.0	6.7	7	0.2	0.2	1.4	0.2	No, mercury levels too high to recommend for regular consumption (EWG 2001).
<b>Croaker, steamed or poached</b>	0.43	69	0.4	18	0.1	6.4	13	0.1	0.2	1.4	0.5	Yes, but only once or twice a month to minimize PCB levels (EDF 2012).
<b>Squid, steamed or boiled</b>	0.29	71	0.1	119	0.2	5.1	10	0.2	0.5	0.7	0.4	Yes.
Shrimp, dried	1.17	72	0.1	558	0.4	14.7	24	1.5	1.4	0.4	0.8	No, cost excludes.
Shrimp, steamed or boiled	0.71	73	0.1	165	0.2	7.4	11	0.8	0.4	0.8	0.4	No, cost excludes.
Crab, hard shell, steamed	0.59	76	0.1	170	0.2	5.7	9	0.3	1.2	1.0	0.5	No, cost excludes.
<b>Perch, baked or broiled</b>	0.28	76	0.2	115	0.1	6.4	10	0.3	0.4	0.6	0.2	Yes, but only once or twice a month to minimize PCB levels (EDF 2012).
Squid, dried	1.26	77	0.4	172	0.5	16.7	35	0.7	1.6	2.7	1.3	No, cost excludes.
<b>Haddock, baked or broiled</b>	0.40	77	0.2	117	0.1	6.3	13	0.4	0.1	1.3	0.2	Yes.
Mackerel, canned	0.43	77	0.5	107	0.4	6.6	10	0.6	0.3	1.9	0.3	No, exceeds saturated fat cut-off.

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Shrimp, baked or broiled	0.67	79	0.2	147	0.2	6.9	13	0.8	0.4	0.9	0.4	No, cost excludes.
Sardines, dried	0.18	79	0.7	33	0.6	6.5	12	0.4	0.4	1.4	0.4	No, exceeds saturated fat cut-off.
Clams, steamed or boiled	0.68	80	0.0	132	0.1	4.4	3	4.4	0.5	0.7	0.1	No, cost excludes.
Sardines, cooked	0.21	81	0.4	143	0.4	7.0	11	0.8	0.4	1.6	0.6	
Sardines, canned in oil	0.21	81	0.4	143	0.4	7.0	11	0.8	0.4	1.6	0.6	
Ocean perch, baked or broiled	0.28	82	0.2	119	0.1	6.2	10	0.3	0.2	0.8	0.5	
Herring, raw	0.18	83	0.6	26	0.5	5.1	9	0.3	0.3	1.1	0.3	
Salmon, baked or broiled	0.34	84	0.4	121	0.4	6.9	9	0.3	0.2	2.6	0.3	
Catfish, steamed or poached	0.24	86	0.6	17	0.2	5.5	7	0.2	0.3	0.9	0.4	
Cod, baked or broiled	0.36	86	0.2	118	0.1	5.9	8	0.1	0.1	0.8	0.3	
Carp, baked or broiled	0.44	86	0.5	114	0.3	6.1	10	0.4	0.5	0.6	0.3	
Shark, baked or broiled	0.30	87	0.5	121	0.3	6.9	16	0.3	0.1	1.1	0.4	
Lobster, steamed or boiled	0.57	89	0.0	198	0.0	5.8	10	0.1	0.8	0.3	0.3	
Porgy, baked or broiled	0.46	90	0.4	111	0.0	6.4	8	0.2	0.2	1.5	0.3	
Mussels, steamed or poached	1.10	90	0.2	320	0.3	6.7	16	2.0	0.9	0.9	0.3	
Croaker, baked or broiled	0.46	91	0.5	116	0.1	6.0	14	0.1	0.1	1.5	0.5	
Trout, smoked	0.43	91	0.6	124	0.5	10.5	11	0.8	0.3	2.6	0.1	
Scallops, steamed or boiled	0.53	92	0.2	122	0.1	4.6	15	0.1	0.3	0.3	0.1	
Sea bass, baked or broiled	0.41	93	0.3	122	0.3	6.3	14	0.1	0.1	0.7	0.4	
Pompano, steamed or poached	0.50	93	1.3	21	0.3	6.6	9	0.2	0.3	1.2	0.1	
Flounder, baked or broiled	0.40	93	0.2	121	0.1	6.2	10	0.1	0.2	1.0	0.3	
Trout, baked or broiled	0.29	93	0.7	106	0.3	6.9	11	0.1	0.1	3.0	0.1	
Oysters, smoked	0.89	94	0.4	245	0.3	3.2	22	3.0	41.4	0.7	0.4	
Mackerel, baked or broiled	0.40	94	1.1	124	0.8	6.3	20	0.5	0.2	3.2	0.5	
Whiting, baked or broiled	0.18	94	0.2	118	0.1	6.1	7	0.1	0.3	0.5	0.2	
Anchovy, canned	0.76	95	0.6	1040	0.6	8.2	20	1.3	0.7	5.8	0.9	
Swordfish, baked or broiled	0.48	96	0.5	129	0.3	6.8	9	0.3	0.4	3.3	0.3	
Crab, baked or broiled	0.56	96	0.3	158	0.2	5.4	9	0.2	1.1	1.0	0.6	
Scallops, baked or broiled	0.67	97	0.2	153	0.1	5.7	19	0.1	0.3	0.4	0.1	
Oysters, baked or broiled	0.51	98	0.4	138	0.2	1.9	12	1.7	23.8	0.4	0.4	
Salmon, canned	0.24	101	0.4	145	0.5	5.8	9	0.2	0.3	2.1	0.3	
Catfish, baked or broiled	0.22	102	0.7	112	0.2	5.1	8	0.2	0.2	1.0	0.5	
Herring, baked or broiled	0.24	102	0.9	128	0.6	6.1	11	0.4	0.3	1.3	0.5	
Herring, smoked, kippered	0.18	106	0.8	260	0.7	7.0	13	0.4	0.4	1.5	0.4	
Sardines, skinless, boneless, packed in water	0.18	106	0.8	260	0.7	7.0	13	0.4	0.4	1.5	0.4	
Roe, shad, cooked	0.18	107	0.7	153	0.8	7.2	7	0.2	0.3	0.9	2.4	
Salmon, smoked	0.28	112	0.3	222	0.1	5.2	5	0.2	0.1	1.5	0.4	
Pompano, baked or broiled	0.52	112	1.4	119	0.3	6.3	9	0.2	0.2	1.3	0.2	
Lobster, baked or broiled	0.55	122	0.5	176	0.0	5.5	10	0.1	0.8	0.3	0.3	

**Table 16: Eggs from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 medium egg**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids ^^Sum of thiamin, riboflavin, niacin, B6

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Egg, whole, raw	0.10	13	1.4	62	0.0	5.5	5	0.8	0.5	0.3	0.4	No, not commonly consumed in this form.
Egg, white only, raw	0.10	14	0.0	48	0.0	3.2	3	0.0	0.0	0.2	0.0	No, not commonly consumed in this form.
Egg, whole, poached	0.10	15	1.4	129	0.0	5.5	5	0.8	0.5	0.3	0.4	Yes.
Egg, whole, fried without fat	0.10	15	1.4	130	0.0	5.5	5	0.8	0.5	0.3	0.4	Yes.
Egg, white only, cooked, fat not added in cooking	0.10	16	0.0	93	0.0	3.1	3	0.0	0.0	0.2	0.0	Yes.
Egg, whole, baked, fat not added in cooking	0.10	17	1.4	131	0.0	5.6	5	0.8	0.5	0.3	0.4	Yes.
Egg, whole, boiled	0.10	17	1.4	122	0.0	5.5	4	0.5	0.5	0.3	0.5	Yes.
Egg, yolk only, raw	0.10	18	1.4	7	0.0	2.4	1	0.4	0.3	0.2	0.4	
Egg, yolk only, cooked, fat not added in cooking	0.10	18	1.4	30	0.0	2.4	1	0.4	0.3	0.2	0.4	
Egg omelet or scrambled egg, fat not added in cooking	0.11	18	1.5	137	0.0	6.0	7	0.8	0.6	0.4	0.4	
Egg, creamed	0.26	20	4.2	445	0.2	10.7	17	1.0	1.0	1.0	0.9	
Egg, Benedict	0.57	21	15.3	827	0.3	17.8	19	2.5	1.9	3.8	1.7	
Egg, whole, fried	0.10	23	1.7	151	0.1	5.4	5	0.8	0.5	0.3	0.7	

**Table 17: Beans from EWG's Good Food on a Tight Budget Analysis**  
**Serving Size: 1/4 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids ^^Sum of thiamin, riboflavin, niacin, B6

\* Nutrient values obtained from USDA's National Nutrient Database for Standard Reference, Release 24, prices from Peapod online grocer

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s <sup>^</sup> (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits <sup>^^</sup> (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Textured vegetable protein, dry, coarse	0.04	22	0.0	3	0.0	8.0	49	1.6	0.4	0.7	0.0	No, we do not recommend processed foods.
Mungo beans, cooked, fat not added in cooking	0.16	23	0.0	3	0.2	3.4	28	0.8	0.4	0.8	0.1	Yes.
Textured vegetable protein, dry, fine	0.08	24	0.0	6	0.0	14.1	87	2.8	0.7	1.2	0.0	No, we do not recommend processed foods.
Fermented Tofu (Soybean curd cheese)	0.46	34	0.7	11	0.3	7.0	128	3.2	1.0	0.4	0.3	No, cost excludes.
White beans, dry, cooked, fat not added in cooking	0.11	35	0.0	104	0.0	4.2	28	1.6	0.6	0.2	0.4	Yes.
Lentils, dry, cooked, fat not added in cooking	0.03	36	0.0	111	0.0	4.3	17	1.6	0.6	0.7	0.1	Yes.
Red kidney beans, dry, cooked, fat not added in cooking	0.07	38	0.0	100	0.1	3.7	19	1.3	0.5	0.4	0.0	Yes.
Red kidney beans, dry, cooked, fat not added in cooking, mashed	0.10	41	0.0	130	0.1	4.8	25	1.6	0.6	0.5	0.0	Yes.
Soy nuts	0.10	43	0.9	38	0.4	8.2	34	0.9	0.7	0.4	0.2	No, exceeds saturated fat cut-off.
Pink beans, dry, cooked, fat added in cooking	0.08	43	0.5	85	0.2	3.6	26	0.9	0.4	0.4	0.8	Yes.
Black-eyed peas (cowpeas), dry, cooked, fat not added in cooking	0.07	43	0.1	99	0.0	3.2	22	1.1	0.5	0.4	0.1	Yes.
Soybeans, cooked, fat not added in cooking	0.18	44	0.6	104	0.3	7.4	38	2.3	0.5	0.5	0.2	No, exceeds saturated fat cut-off.
Green or yellow split peas, dry, cooked, fat not added in cooking	0.45	44	0.0	114	0.0	4.1	18	0.6	0.5	0.6	0.0	No, cost excludes.
Tempeh*	0.60	44	0.9	4	0.4	7.7	34	1.1	0.5	1.4	0.0	No, cost excludes.
Pinto, calico, or red Mexican beans, dry, cooked, fat not added in cooking	0.02	44	0.0	93	0.0	3.1	20	0.6	0.3	0.3	0.0	Yes. Lowest Cost Recommendation.
Tofu (Soybean curd), cubed	0.25	44	0.3	5	0.2	4.1	17	0.7	0.4	0.4	0.0	No, cost excludes.
Lima beans, dry, cooked, fat not added in cooking	0.15	45	0.0	107	0.0	3.6	20	1.1	0.4	0.4	0.1	Yes.
Black, brown, or Bayo beans, dry, cooked, fat not added in cooking	0.03	46	0.1	92	0.0	3.1	20	0.6	0.5	0.3	0.0	Yes.
Chickpeas (garbanzo beans), dry, cooked, fat not added in cooking	0.03	46	0.1	100	0.0	3.9	18	1.0	0.6	0.3	0.2	Yes.
Vegetarian stew	0.33	47	0.3	247	0.1	10.5	78	0.8	0.7	8.9	0.3	No, cost excludes.
Pinto, calico, or red Mexican beans, dry, cooked, fat not added in cooking, mashed	0.02	48	0.0	121	0.0	4.0	26	0.8	0.4	0.3	0.0	Yes.
Pinto, calico, or red Mexican beans, dry, cooked, fat not added in cooking, refried	0.02	48	0.0	121	0.0	4.0	26	0.8	0.4	0.3	0.0	Yes.
Chicken, meatless, breaded, fried, diced	0.35	50	0.4	130	0.2	6.9	4	1.2	0.2	5.0	0.6	
Vegetarian chili (made with meat substitute)	0.21	51	0.3	272	0.1	4.7	18	1.4	0.5	2.0	0.8	
Chicken, meatless, breaded, fried, pieces	0.45	52	0.5	168	0.2	8.9	5	1.6	0.3	6.4	0.8	
Chili beans, barbecue beans, ranch style beans or Mexican- style beans	0.08	53	0.1	459	0.2	3.2	28	1.2	1.3	0.5	0.1	
Liquid from stewed kidney beans, Puerto Rican style	0.07	54	0.7	1	0.0	1.1	22	1.2	0.3	0.4	0.0	
Meatball, meatless	0.37	56	0.5	198	0.2	7.6	6	0.8	0.6	1.4	0.6	
Baked beans, vegetarian	0.11	57	0.0	218	0.0	3.0	17	0.8	1.4	0.4	0.1	
Frankfurter or hot dog, meatless	0.29	60	0.7	165	0.2	6.9	6	0.5	0.4	1.6	0.7	
Hummus	0.65	62	0.7	149	0.0	3.0	18	1.0	0.7	0.6	0.5	
Miso (fermented soybean paste)	0.69	63	0.8	2563	0.3	8.0	33	1.7	1.8	1.0	0.0	
Baked beans, NFS	0.07	65	0.7	282	0.0	3.5	27	1.8	2.0	0.4	0.1	
Bean dip, made with refried beans	0.05	66	0.5	765	0.1	3.9	26	0.8	0.4	0.4	0.5	
Refried beans	0.12	67	0.9	226	0.2	4.0	25	1.1	0.5	0.4	0.4	
Tofu, frozen dessert, flavors other than chocolate	0.41	67	1.1	101	0.5	1.8	8	0.3	0.3	0.1	0.4	
Black bean sauce	0.08	73	0.4	516	0.2	1.6	11	0.4	0.2	0.3	0.4	
Boston baked beans	0.10	74	1.1	288	0.1	3.8	32	1.5	0.6	0.3	0.0	

**Table 18: Nuts and Seeds from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 cup**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids ^^Sum of thiamin, riboflavin, niacin, B6

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	Omega-3s^ (g)	Protein (g)	Magnesium (mg)	Iron (mg)	Zinc (mg)	B Vits^^ (mg)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Almonds, dry roasted, without salt	1.36	28	5.6	1	0.0	30.5	395	6.2	4.9	6.8	35.9	Yes.
Almonds, unroasted, blanched	1.43	29	5.4	1	0.0	30.8	389	5.4	4.5	6.9	38.0	No, cost excludes.
Almonds, unroasted, unblanched	1.40	30	5.3	1	0.0	30.1	381	5.3	4.4	6.7	37.2	No, cost excludes.
Sunflower seeds, hulled, unroasted	0.67	35	6.4	13	0.1	29.9	468	7.6	7.2	16.6	50.6	Yes.
Filberts, hazelnuts	0.72	36	6.0	0	0.1	20.2	220	6.3	3.3	4.2	20.3	Yes.
Mixed seeds	0.91	36	9.5	12	0.1	37.0	664	10.2	9.3	12.4	27.1	No, these are considered individually.
Pine nuts (Pignolias)	3.26	37	6.6	3	0.2	18.5	339	7.5	8.7	6.8	12.6	No, cost excludes.
Flax seeds	8.62	40	6.2	50	38.3	30.7	659	9.6	7.3	9.0	0.5	No, cost excludes.
Pecans	1.19	43	6.1	0	1.0	9.1	120	2.5	4.5	2.1	1.4	Yes.
Sunflower seeds, hulled, roasted, without salt	0.63	44	9.5	4	0.1	27.1	171	5.8	7.0	7.5	49.0	Yes. Lowest Cost Recommendation.
Almond paste (Marzipan paste)	2.80	46	6.0	20	0.5	20.4	295	3.6	3.4	4.4	30.7	No, cost excludes.
Sesame seeds	6.57	47	8.6	50	0.5	21.7	443	10.0	13.1	9.3	0.3	No, cost excludes.
Peanuts, roasted, without salt	0.68	47	10.0	9	0.0	38.5	270	2.7	9.7	21.7	10.1	Yes.
Walnuts, shelled	0.69	48	6.1	2	9.1	15.2	158	2.9	3.1	2.2	0.7	Yes.
Chestnuts, roasted	1.39	48	0.6	3	0.1	4.5	47	1.3	0.8	3.2	0.7	No, cost excludes.
Pumpkin and/or squash seeds, hulled, unroasted	1.73	47	11.2	9	0.2	39.0	764	11.4	10.1	7.2	2.8	No, cost excludes.
Peanuts, dry roasted, without salt	0.68	51	10.1	9	0.0	34.6	257	3.3	4.8	20.9	10.1	Yes.
Sesame sauce	3.40	53	4.4	269	0.2	11.7	228	9.3	5.0	3.9	0.2	No, cost excludes.
Pumpkin and/or squash seeds, hulled, roasted, without salt	1.38	56	19.4	41	0.3	67.7	1249	18.3	17.3	10.8	1.3	No, cost excludes.
Almonds, dry roasted (assume salted)	1.67	58	5.6	468	0.0	30.5	395	6.2	4.9	6.8	35.9	
Almonds, honey-roasted	1.74	58	4.9	392	0.0	24.5	317	4.3	3.6	5.4	30.0	
Pumpkin and/or squash seeds, hulled, roasted, salted	1.27	60	10.1	302	0.1	35.2	649	9.5	9.0	5.6	0.7	
Cashew nuts, roasted, without salt	1.26	61	11.0	17	0.1	21.9	355	7.9	7.0	3.4	1.2	
Nut mixture with seeds	1.44	62	8.1	368	0.1	26.5	244	4.5	5.5	10.1	3.8	
Almonds, roasted	1.90	65	6.6	532	0.0	33.3	430	5.8	4.8	7.3	40.8	
Psyllium seed, husks	1.31	65	0.0	83	0.0	3.0	0	0.0	0.0	0.0	0.0	
Coconut water, canned or bottled	0.42	67	0.4	237	0.0	1.6	57	0.7	0.2	0.4	0.0	
Pistachio nuts, shelled	0.92	68	7.1	392	0.3	27.3	154	5.4	2.9	4.7	2.5	
Brown nut gravy, meatless	0.26	68	3.1	427	1.0	5.4	59	1.2	0.7	1.5	6.3	
Brazil nuts	0.94	68	20.1	4	0.0	19.0	500	3.2	5.4	1.4	7.6	
Coconut water (liquid from coconuts)	0.43	68	0.4	252	0.0	1.7	60	0.7	0.2	0.5	0.0	
Sunflower seeds, hulled, roasted, salted	0.65	71	9.5	554	0.1	27.1	171	5.8	7.0	7.5	49.0	
Mixed nuts, dry roasted	1.16	73	9.5	917	0.3	23.7	308	5.1	5.2	7.4	15.0	
Peanuts, honey-roasted	0.69	74	10.3	379	0.0	33.3	209	1.9	3.9	17.2	8.2	
Cashew nuts, honey-roasted	2.91	75	10.6	384	0.1	21.1	341	7.6	6.7	3.3	1.1	
Cashew nuts, roasted (assume salted)	1.22	77	11.0	400	0.1	21.9	355	7.9	7.0	3.4	1.2	
Mixed nuts, honey-roasted, with peanuts	1.33	78	11.0	529	0.2	21.2	297	4.1	6.5	7.6	10.5	
Peanuts, dry roasted, salted	0.68	79	10.1	1187	0.0	34.6	257	3.3	4.8	20.9	11.4	
Mixed nuts, roasted, without peanuts	1.22	80	13.1	441	0.4	22.3	361	3.7	6.7	4.5	11.8	
Mixed nuts, roasted, with peanuts	1.20	81	12.4	595	0.2	23.8	334	4.6	7.2	8.5	11.8	
Peanuts, roasted, salted	0.67	82	12.5	461	0.1	40.4	253	2.2	4.7	20.8	10.0	
Peanut sauce	0.53	86	12.3	540	0.1	29.6	184	2.2	3.4	16.6	10.6	
Macadamia nuts, roasted	2.76	87	15.8	350	0.3	10.3	156	3.5	1.7	4.5	0.8	
Cashew nuts, dry roasted	1.29	87	12.5	877	0.2	21.0	356	8.2	7.7	2.8	1.3	
Macadamia nuts, unroasted	2.80	87	16.0	355	0.3	10.4	158	3.6	1.7	4.6	0.8	
Coconut milk (liquid expressed from grated coconut meat, water added)	0.83	91	50.7	36	0.0	5.5	89	3.9	1.6	2.0	0.4	
Coconut meat, fresh, shredded	0.84	92	23.8	16	0.0	2.7	26	1.9	0.9	0.5	0.2	
Coconut cream (liquid expressed from grated coconut meat), canned, sweetened	1.02	99	45.8	107	0.0	3.5	50	0.4	1.8	0.4	0.4	
Coconut meat, dried, sweetened, flaked	0.46	100	22.4	242	0.0	2.7	43	1.3	0.6	0.6	0.0	
Coconut meat, dried, sweetened, shredded	0.51	101	24.5	265	0.0	2.9	47	1.4	0.7	0.7	0.0	



**Table 19: Cooking Fats and Oils from EWG's Good Food on a Tight Budget Analysis**

**Serving Size: 1 tablespoon**

Source: Price Data from USDA's CNPP Food Prices Database, 2003-04, Nutrient Data obtained from USDA's Food and Nutrient Database for Dietary Studies, 4.1.

\* Prices from Peapod online grocer

\*\* Prices from amazon.com

^ Sum of 18:3, 20:5, 22:5, 22:6 fatty acids

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	MUFAs (g)	Omega-3s <sup>^</sup> (g)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Canola oil	0.02	15	1.0	0	8.6	1.2	2.4	Yes. Check prices on organic if concerned about GMOs.
Safflower oil*	0.09	30	0.8	0	10.2	0.0	4.6	Yes. Use in small quantities to reduce cost.
Flaxseed oil	0.41	30	1.3	0	2.7	7.2	2.4	No, cost excludes.
Almond oil**	0.27	33	1.1	0	9.5	0.0	5.3	No, cost excludes.
Margarine-like spread, stick, unsalted	Unava ##	38	1.7	0	2.8	0.4	3.0	No, no price data available.
<i>Margarine-like spread, tub, unsalted</i>	0.03	40	1.7	0	2.7	0.4	3.0	No, we do not recommend foods that likely contain non-naturally occurring trans fats.
Walnut oil**	0.27	43	1.2	0	3.1	1.4	0.1	No, cost excludes.
Olive oil*	0.09	43	1.9	0	9.8	0.1	1.9	Yes. Use in small quantities to reduce cost.
<i>Margarine, stick, unsalted</i>	0.02	46	2.2	0	5.5	0.3	1.3	No, we do not recommend foods that likely contain non-naturally occurring trans fats.
Corn oil	0.02	47	1.8	0	3.8	0.2	1.9	Yes. Check prices on organic if concerned about GMOs.
Soybean oil	0.02	48	2.1	0	3.1	0.9	1.1	Yes. Check prices on organic if concerned about GMOs. Lowest Cost Recommendation.
Lecithin	0.01	48	1.2	0	0.9	0.4	0.7	No, not commonly consumed in this form.
Wheat germ oil**	0.27	51	2.6	0	2.1	0.9	20.3	No, cost excludes.
Sunflower oil**	0.11	51	1.4	0	2.7	0.0	5.6	Yes. Use in small quantities to reduce cost.
<i>Margarine-like spread, reduced calorie, about 20% fat, tub, unsalted</i>	0.03	53	0.4	0	1.1	0.0	0.7	No, we do not recommend foods that likely contain non-naturally occurring trans fats.
Margarine, whipped, tub, unsalted	Unava ##	54	1.3	3	3.4	0.5	1.5	No, no price data available.
Peanut oil*	0.06	58	2.3	0	6.2	0.0	2.1	Yes.
<i>Margarine, tub, unsalted</i>	0.04	59	2.0	4	5.2	0.7	2.2	No, we do not recommend foods that likely contain non-naturally occurring trans fats.
<i>Margarine, whipped, tub, salted</i>	0.02	61	1.3	62	3.4	0.5	1.5	No, we do not recommend foods that likely contain non-naturally occurring trans fats.
Sesame oil	0.24	62	1.9	0	5.4	0.0	0.2	No, cost excludes.
Margarine-like spread, tub, sweetened	0.13	69	1.2	77	2.4	0.4	0.7	No, cost excludes.
Cottonseed oil**	0.06	69	3.5	0	2.4	0.0	4.8	No, exceeds saturated fat cut-off.
Margarine-like spread, whipped, tub, salted	0.02	74	1.2	79	1.9	0.3	1.9	
Lard	Unava ##	77	5.0	0	5.8	0.1	0.1	
Shortening, animal	Unava ##	77	5.0	0	5.8	0.1	0.1	
Margarine, tub, salted	0.04	78	2.0	93	5.2	0.7	2.2	
Margarine-like spread, reduced calorie, about 40% fat, tub, salted	0.03	79	1.3	85	2.0	0.3	2.0	
Ghee, clarified butter	0.09	79	7.9	0	3.7	0.2	0.4	
Margarine-like spread, reduced calorie, about 40% fat, stick, salted	0.03	80	1.3	88	2.1	0.3	2.0	
Margarine-like spread, made with yogurt, stick, salted	0.03	81	1.9	84	5.7	0.2	0.7	
Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted	0.03	82	1.0	89	1.4	0.2	0.7	
Shortening, NS as to vegetable or animal	Unava ##	82	3.2	1	5.3	0.2	0.1	
Shortening, vegetable	Unava ##	82	3.2	1	5.3	0.2	0.1	
Margarine-like spread, tub, salted	0.03	83	1.7	112	2.8	0.4	3.0	
Butter-margarine blend, stick, unsalted	Unava ##	85	3.8	4	4.5	0.2	0.7	
Margarine-like spread, liquid, salted	0.04	86	1.4	111	2.9	0.4	0.7	
Butter replacement, fat-free powder	0.11	88	0.0	46	0.0	0.0	0.0	
Margarine-like spread, stick, salted	0.03	88	1.6	112	4.2	0.3	0.7	
Butter-margarine blend, tub, salted	0.05	89	2.0	90	4.3	0.4	0.6	
Butter-vegetable oil blend	Unava ##	89	2.0	90	4.3	0.4	0.6	
Vegetable oil-butter spread, stick, salted	Unava ##	89	1.6	111	3.1	0.3	0.7	

Food	Price (\$)	Overall Nutrient Content Rank	Sat Fat (g)	Sodium (mg)	MUFAs (g)	Omega-3s^ (g)	Vit E (mg)	Does this Food Meet EWG's Good Food on a Tight Budget Criteria?
Butter replacement, fat-free powder	0.14	89	0.0	59	0.0	0.0	0.0	
Butter replacement, fat-free powder	0.17	92	0.0	73	0.0	0.0	0.0	
Vegetable oil-butter spread, tub, salted	Unava ##	93	1.0	112	2.6	0.1	0.6	
Margarine, stick, salted	0.02	93	2.2	134	5.5	0.3	1.3	
Margarine-like spread, reduced calorie, about 20% fat, tub, salted	0.14	94	0.4	110	1.1	0.0	0.7	
Adobo fresco	Unava ##	94	0.5	3087	2.7	0.1	0.5	
Vegetable oil-butter spread, reduced calorie, stick, salted	Unava ##	97	2.3	76	2.7	0.1	1.2	
Margarine-like spread, fat free, tub, salted	0.05	98	0.3	85	0.1	0.0	0.1	
Margarine-like spread, fat free, liquid, salted	0.03	99	0.1	118	0.1	0.0	0.7	
Vegetable oil-butter spread, reduced calorie, tub, salted	Unava ##	100	2.2	79	2.6	0.1	0.7	
Animal fat or drippings	0.02	103	4.6	77	5.3	0.1	0.1	
Butter, stick, unsalted	0.08	105	7.3	2	3.0	0.0	0.3	
Butter-margarine blend, stick, salted	0.06	105	4.7	108	4.3	0.2	0.8	
Butter, whipped, tub, unsalted	0.05	107	4.8	1	2.0	0.0	0.2	
Butter, whipped, stick, unsalted	Unava ##	107	4.8	1	2.0	0.0	0.2	
Light butter, stick, unsalted	Unava ##	107	4.9	5	2.3	0.1	0.2	
Coconut oil**	0.25	109	11.8	0	0.8	0.0	0.0	
Light butter, whipped, tub, salted	0.05	110	3.3	43	1.5	0.1	0.2	
Light butter, stick, salted	0.08	113	4.9	64	2.3	0.1	0.2	
Honey butter	0.12	114	3.7	42	1.5	0.0	0.2	
Butter, whipped, stick, salted	Unava ##	115	4.8	54	2.0	0.0	0.2	
Butter, whipped, tub, salted	0.08	115	4.7	78	2.2	0.1	0.2	
Butter, stick, salted	0.08	119	7.3	82	3.0	0.0	0.3	