

Healthy Foods Under \$1 Per Serving

Eating healthy on a budget can seem difficult. But you can do it. Being creative can help you stick to your budget and incorporate nutritious foods into your diet. Try to include some of these healthy foods under \$1 per serving in your weekly menu planning.

Apples (raw with skin)

Great for: Snacks, green salads, main dish salads and fruit salads

What's a serving? 1 large apple

Nutrition Info per serving: About 116 calories, 5.4g fiber, 17% Daily Value for vitamin C, 7% Daily Value for potassium

Bananas

Great for: Snacks and fruit salads, yogurt parfaits and smoothies

What's a serving? 1 banana (large)

Nutrition Info per serving: 121 calories, 3.5g fiber, 14% Daily Value for potassium (487 mg), 20% Daily Value for vitamin C

Baby Carrots (raw)

Great for: Snacks, casseroles, stews, veggie platters and side dishes

What's a serving? 8-10 baby carrots (3 oz)

Nutrition Info per serving: About 30 calories, 2.5g fiber, 234% Daily Value for vitamin A

Canned Beans (kidney, pinto or navy) – Select no salt added or low sodium canned beans

Great for: Green salads, casseroles, stews and chili. Types of beans range from kidney beans and black beans to white beans and garbanzo beans. Dried beans prepared without added saturated fat, trans fat, salt or high-sodium seasoning mixes can be substituted for canned beans.

What's a serving? Each can contains about 3.5 (1/2-cup) servings.

Nutrition Info per serving (for canned kidney beans): About 105 calories, 7g protein, 7g fiber, 8% Daily Value for iron, 9% Daily Value for potassium

Canned Tomatoes (packed in tomato juice) - Select no salt added or low sodium canned tomatoes

Great for: Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from sliced stewed tomatoes to diced tomatoes with garlic and olive oil.

What's a serving? One can contains about 3.5 (1/2-cup) servings.

Nutrition Info per serving: About 20 calories, 1g fiber, 6% Daily Value for potassium, 19% Daily Value of vitamin C

Oranges (fruit 2-7/8" diameter)

Great for: Snacks, green salads and fruit salads

What's a serving? 1 large or extra large orange

Nutrition Info per serving: About 70 calories, 3g fiber, 138% Daily Value for vitamin C, 7% Daily Value for potassium

Pears (raw)

Great for: Snacks, as an appetizer with cheese, green salads and fruit salads

What's a serving? 1 large pear

Nutrition Info per serving: About 133 calories, 7g fiber, 16% Daily Value for vitamin C, 8% Daily Value for potassium

Lentils (cooked)

Great for: Soups and stews, cold bean salads and casseroles

What's a serving? ½ cup cooked

Nutrition Info per serving: 115 calories, 9g protein, 8g fiber, 18% Daily Value for iron, 10% Daily Value for potassium

Pearled Barley (cooked)

Great for: Soups and stews, cold salads and casseroles

What's a serving? ½ cup (cooked)

Nutrition Info per serving: 97 calories, 3g fiber, 6% Daily Value for iron

Yogurt (plain, low fat or fat-free, no added sugars)

Great for: Smoothies, yogurt parfait, dips and dressings

What's a serving? A 6-ounce container is usually a serving.

Nutrition Info per serving: (for 6 ounces of fat-free plain yogurt): 95 calories, 10g protein, 34% Daily Value for calcium, 12% Daily Value for potassium

Eggs

Great for: omelets, hardboiled salads

What's a serving? 1 medium egg

Nutrition Info per serving: 63 calories, 4g fat, 164mg cholesterol, 6g protein

Broccoli

Great for: steamed as a side dish, tossed in salads, mixed in brown rice or whole wheat pasta dishes

What's a serving? 1 cup raw, ½ cup cooked

Nutrition Info per serving (1 cup chopped raw broccoli): 31 calories, 0g fat, 0mg cholesterol, 11% Daily Value for vitamin A, 135% Daily Value for vitamin C

Sweet Potato (cooked, baked in skin)

Great for: baked, mashed, steamed

What's a serving? 1 medium potato (2" diameter, 5" long, raw)

Nutrition Info per serving: 103 calories, 0g fat, 0mg cholesterol, 4g fiber, 438% Daily Value for vitamin A, 37% Daily Value for vitamin C

Brown Rice (cooked)

Great for: stir fry, steamed with veggies

What's a serving? ½ cup cooked

Nutrition Info per serving: 108 calories, 0mg cholesterol, 2g fiber

Green Peas (frozen, cooked)

Great for: mixed into brown rice or whole wheat pasta dishes

What's a serving? ½ cup cooked

Nutrition Info per serving (cooked): 62 calories, 0mg cholesterol, 4g fiber, 4g protein, 13% Daily Value for vitamin C, 34% Daily Value for vitamin A, 7% Daily Value for iron

Fat-Free Milk

Great for: cold beverage

What's a serving? 1 cup

Nutrition Info per serving: 83 calories, 8g protein, 30% Daily Value for calcium, 11% Daily Value for potassium

Regular Oatmeal

Great for: hot oatmeal, breakfast, baking

What's a serving? ½ cup cooked

Nutrition Info per serving: 83 calories, 0mg cholesterol, 2g fiber

Spinach (raw)

Great for: tossed salads, steamed as a side dish

What's a serving? 1 cup raw or ½ cup cooked

Nutrition Info per serving (1 cup raw): 7 calories, 0mg cholesterol, 1g fiber, 56% Daily Value of vitamin A, 14% Daily Value for vitamin C, 5% Daily Value of iron, 5% Daily Value for potassium

Frozen Mixed Vegetables (without added saturated fat, trans fat, salt or high sodium seasoning mixes)

Great for: quick side dish, add to soups/stews

What's a serving? ½ cup cooked

Nutrition Info per serving: 59 calories; 4g fiber, 78% Daily Value for vitamin A, 5% Daily Value for vitamin C, 4% Daily Value for potassium

Frozen Corn on the Cob

Great for: quick side dish, kid friendly

What's a serving? 1 ear

Nutrition Info per serving (for a cooked cob that yields about 2 oz cooked corn): 59 calories, 2g fiber, 5% Daily Value for potassium

Quick guide to % Daily Value. The % Daily Value (% DV) tells you the percent of each nutrient in a single serving, in terms of the daily recommended amount. As a guide, if you want to consume less of a nutrient (such as saturated fat, cholesterol or sodium), choose foods with a lower % DV — 5 percent or less is low. If you want to consume more of a nutrient (such as fiber, potassium), seek foods with a higher % DV — 20 percent or more is high.

Source: U.S. Department of Agriculture, Agricultural Research Service. 2011. USDA National Nutrient Database for Standard Reference, Release 24.