

Healthy Shopping on a Budget

Produce



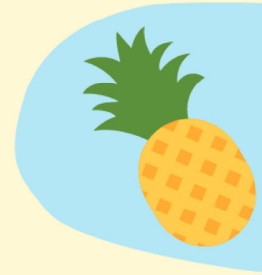
Buy in Season and in Bulk!

- In-season fruits and vegetables tend to be more affordable. Check for local-items at your grocery store or visit a nearby farmers market
- Buying produce in bulk is a great way to stretch your food-dollar

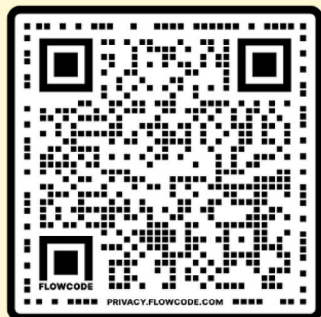


Buy Whole Produce instead of Pre-Cut

- Remember that convenience costs more
- Whole produce is always cheaper than pre-cut or pre-prepared options. For example, buy a head of lettuce instead of a pre-cut bag of mixed greens



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Look for Canned Produce

- Canned produce can be just as healthy and often more affordable when compared to fresh produce
- Look at food labels and buy canned items in their own juice, with no added sugars or salt
- Drain and rinse all canned fruits and vegetables to reduce the sodium content

Look for Frozen Produce

- Frozen fruits and vegetables are often more affordable and as nutritious as fresh because they are frozen at peak freshness
- Frozen produce items have a longer shelf-life than fresh
- Look out for sauces, added sugars, and salt when buying frozen produce

Nutrition Facts	
About 3.5 Servings Per Container	
Serving size 1/2 cup (125g)	
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 10g	4%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vit.D 0mcg 0% • Calcium 104mg 8%	
Iron 1mg 4% • Potas. 188mg 4%	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	



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Healthy Shopping on a Budget

DAIRY



Read Food Labels

- Stick to cheese, yogurt, and milk options that are lower in saturated fat
- Whole milk has the most fat followed by 2%, 1%, and skim milk (0%)
- Skim milk is recommended for children age 2 and older
- Dairy products are good sources of Calcium and Vitamin D

Stick to Beverages with No Added Sugars

- Keep it simple and focus on swapping sugar-sweetened beverages for milk, dairy alternatives, and water at the grocery store
- Avoid flavored milks (like chocolate milk) that contain added sugars



Buy Store-Brand and Shop in Bulk

- Look for store-brand foods. They are often cheaper and just as nutritious
- Buy in bulk to stretch your food dollar
 - For a tasty and budget-friendly snack, buy plain yogurt in bulk and add fruit or nuts at home



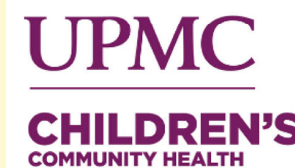
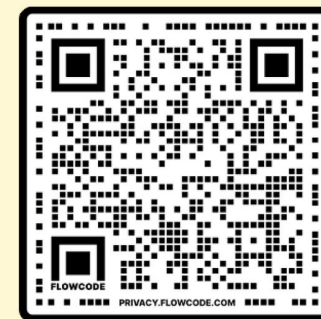
Non-Dairy Sources of Calcium

- Plant-based milks like almond or soy are great choices for dairy-alternatives
- Other good plant sources of calcium include leafy greens, beans, peas, and almonds



Nutrition Facts	
16 servings per container	
Serving size 1 cup (240mL)	
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 120mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%
Vitamin D	25%
Calcium	30%
Iron	0%
Vitamin A	10%
Vitamin C	2%
* Percent Daily Values (DV) are based on a 2000 calorie diet.	
INGREDIENTS: GRADE A FAT FREE (SKIM) MILK, VITAMIN A PALMITATE, VITAMIN D3.	
CONTAINS: MILK	

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Protein



Vary your Protein Sources

- Try fish, lean meats, eggs, and plant-proteins like beans, nuts, chickpeas, and lentils to get a variety of nutrients
- Beans, chickpeas, lentils, nuts, and seeds are great options for plant-based proteins and are often more affordable than meat
- Plant-proteins are packed with fiber to give you long-lasting energy and aid in digestion



Read Food Labels

- Read the nutrition facts panel and look for low-saturated fat and no-sodium added options
- Swap proteins high in saturated fat like ground beef for lean proteins like ground turkey
- Check the sodium content of beans, nuts, and tuna and look for low-sodium (140mg or less/serving)
- Drain canned protein foods to reduce the sodium content

Nutrition Facts	
Serving Size 4oz (112g) Servings Per Container 4	
Amount Per Serving	
Calories 170	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 3g	17%
Trans Fat 0g	
Cholesterol 70mg	25%
Sodium 75mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 24g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 15%

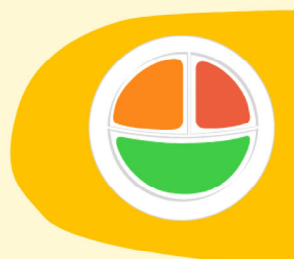
*Percent Daily Values are based on a 2,000 calorie diet.

Check Store Ads for Sales and Buy in Bulk

- Look for store-brand foods. They are often cheaper and just as nutritious
- Check grocery store ads for sales on protein items
- Buy protein foods in bulk to save money at the grocery store and freeze perishable items you won't use in the next 1-2 days

Aim to Make 1/4 of your Plate Proteins

- According to the USDA MyPlate guide, 1/4 of your plate should be made up of proteins
- Use the palm of your hand as a guide for portion sizes as this is the size of a typical 3-4 ounce serving of protein



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Healthy Shopping on a Budget

Grains



Focus on Whole Grains

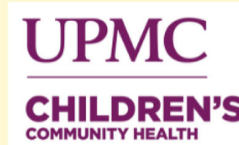
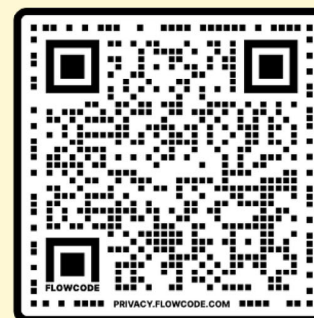
- Aim to make half of your daily grain intake whole grains
- Whole grains contain all parts of the grain, providing more nutrients and fiber to keep you fuller for longer
- Some examples of whole grains include whole grain breads and pasta, brown rice, oatmeal, and popcorn



Read Food Labels

- Check for 100% Whole-Grain or Whole-Wheat on the nutrition facts panel
- Looking for gluten-free whole-grains? Gluten-free oats, brown rice, pasta, and quinoa are excellent options
- Be aware of hidden sugars, especially in cereals
- Consider buying low-sugar/ plain cereals and adding toppings to boost protein and fiber. Mix in nuts, seeds, dried or fresh fruit, and spices like cinnamon

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Buy Generic and Buy in Bulk

- Look for store-brand foods. They are often cheaper and just as nutritious
- Check grocery store ads for sales on grain items
- Buy grain items in bulk to save money at the grocery store. For example, a large container of oats costs less than individual serving packets

Aim to Make 1/4 of your Plate Grains

- According to the USDA MyPlate guide, 1/4 of your plate should be made up of grains



Nutrition Facts	
17 servings per container Serving size 1 Slice (42g/1.5oz)	
Amount per serving	
Calories 100	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0.5g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	7%
Protein 4g	

Ingredients: Whole Wheat Flour, Water, Unbleached Wheat Flour, Honey, Yeast, Sea Salt, Sunflower Seeds, Sesame Seeds, Flaxseed, Millet, Oats, Cracked Whole Wheat, Oat Bran.

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