Eating Smart at Home

Shop: Get the Best for Less

Eat Smart for Less

Eating healthy does not have to be expensive. For about the cost of a soft drink, you can eat a healthy, quick, and delicious snack. Most snacks on this page are less than the price of one soft drink from a vending machine.

USE UNIT PRICING TO SELECT THE BEST VALUE.

- Apple, 1 small
- Cheese, 1 ounce
- Banana, 1 small
- Peanut butter, 1 tablespoon
- Carrot and celery stick (1 carrot, 1 rib celery)
  - Low-fat Ranch dip, 2 tablespoons
- Applesauce, 1/2 cup
- Graham crackers, 2 sheets
- Low-fat, low-sugar yogurt, 8-ounce cup
- Orange, 1 medium
- Popcorn, 3 cups
  - Orange juice spritzer (1/2 cup 100% juice with 1/2 cup club soda)
- Cereal (e.g. toasted oats) 1 cup
  - Low-fat milk, 1/2 cup
- Cucumber slices, 1/2 cup
- Salsa, 4 tablespoons

This material is based upon the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.
Tuna Burgers
Makes 6 servings | Serving Size: 1 patty

Ingredients
- 2 (5-ounce) cans low-sodium tuna
- 1 cup whole-grain bread crumbs, divided
- 1 egg, lightly beaten
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green bell pepper
- 1 teaspoon Italian seasoning
- Dash of cayenne pepper (optional)
- Non-stick cooking spray

Directions
1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine the tuna, 1/2 cup of bread crumbs, egg, onion, celery, pepper, and seasonings.
3. Form six patties. With remaining 1/2 cup of bread crumbs, coat each side of patties.
5. Cook each patty until heated through and golden brown (approximately 5 minutes on each side and internal temperature reaches 160°F).

Nutrition Information Per Serving
- 90 calories
- 2.4 g Total Fat
- 0.6 g Saturated Fat
- 13 g Protein
- 4 g Total Carbohydrate
- 1 g Dietary Fiber
- 108 mg Sodium

**Hints:**
- Serve on whole-wheat buns. Add lettuce, tomato, cucumbers, and shredded carrots as condiments to build a healthy burger.
- Good Source of Calcium
- Good Source of Iron

Park and Walk
Taking the parking space closest to the door is convenient, but you don’t get any physical activity! When you go shopping, try parking at the back of the parking lot. It will only take you a few extra minutes and you will be adding steps to your day.