

Best Buys for your Dollar and your Health

Canned Beans - 15 oz for under \$1.00

Beans are versatile, low in fat, packed with fiber and easy to chew. There are several varieties including pinto, black, kidney and black-eyed peas.



Canned Tuna or Salmon - 6 oz for \$1.00 - \$2.00

Fish provides lean protein that is not difficult to chew. Mix canned fish with low fat mayonnaise to make a sandwich or salad. Make sure fish is packed in water, not oil. Despite mercury content concerns, most non-pregnant, non-breastfeeding adults can safely eat fish several times per week.



Frozen Fruits and Vegetables – 16 oz for \$1.00 - \$3.00

Think frozen when you want to minimize waste without sacrificing nutrition. Just use what you need and then keep the leftovers in the freezer. Vegetables can be cooked in many ways without defrosting first. Frozen fruits and vegetables can be defrosted in the microwave or in the refrigerator. They can also be prepared frozen in blender drinks. Purchase frozen fruit without sugar.



Low Fat Yogurt – 8 oz generic for \$0.50

Yogurt provides calcium for bone health. Look for yogurt with active cultures which provide intestinal health benefits. Sweeten plain yogurt with small amounts of sweetener – honey, maple syrup or, if you are diabetic, sugar substitute. Top with fresh or frozen fruit for a nutritious breakfast or delicious snack.





United Way of Tucson
and Southern Arizona

Whole Grain Bread – 1 loaf for under \$3.00

Whole grain bread is soft and provides fiber. Check the label to make sure that whole wheat, whole rye or whole oats are listed as the main (first) ingredient. Some breads state that they are “made with wheat flour,” but contain minimal amounts of whole wheat.



Eggs – 1 dozen generic for a little over \$1.00

Eggs are packed with protein and easy to chew. Up to one egg per day is OK for individuals not having to watch their cholesterol. For those watching their cholesterol, egg whites provide the protein without the cholesterol. There is no nutritional difference between brown and white eggs.



Brown Rice – 16 oz generic for under \$1.00

Brown rice is a good source of fiber. It is chewier than white rice, but still soft. Simmer in water for 30-40 minutes. Pair brown rice with canned beans and frozen vegetables for an inexpensive and satisfying meal.



Apply for Nutrition Assistance benefits online:

www.healthearizona.org

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