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)
**Great for:** Green salads, casseroles, stews and chili. Types of beans range from 50% less sodium kidney beans and black beans to white beans and garbanzo 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)
**Great for:** Italian and Mexican recipes, chili, stew and casseroles. Flavor options range from no-salt-added 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

For more information on heart-healthy eating, visit www.Heart.org/Nutrition or contact the American Heart Association at inquiries@heart.org or (800) 242-8721.
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)
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

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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
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