



SHOPPING

Top Tips

for your heart and budget

1

Grains

Looking for a simple and healthful dinner that won't break the bank? A good standby is a plateful of grains and vegetables. Grains give a lot of B vitamins, minerals, and fiber for a low price.

2

Beans

Beans are an inexpensive way to add protein, iron, and fiber to any dish. Look for options that are low in sodium.

3

Lean Poultry

Surprisingly inexpensive, lean poultry offers a great way to get protein and B vitamins.

4

Canned or Frozen Fish

Fish is a nutritious, flavorful enhancement to pasta or rice dishes, along with salads. Just make sure you choose plain varieties and add your own seasonings to keep the total fat and salt low.

5

Seasonal

Seasonal fresh fruits and vegetables are both economical and better tasting than out-of-season alternatives. Plan your meals around what is ripe, flavorful, and colorful.

6

Frozen

Frozen vegetables provide a shelf-stable product that needs little preparation. You can find special deals on store brands. Again, make sure to choose options that are low in sodium.

7

Dairy

Skim milk, light low-fat yogurt, and nonfat ricotta cheese provide the best sources of calcium that are still low in saturated fat and sodium. Watch for specials and buy in bulk to save money.

8

Tea

Brew your own tea to cash in on a beverage that is low in cost and chock-full of nature's healthful antioxidants. Sugar-free brewed tea is an excellent and lower-priced alternative to soda and other sugar-laden and more expensive beverages.

9

Potatoes

Baking potatoes, especially when purchased in bulk (choose the smaller ones), make great meals and snacks. Potatoes are among the highest satiety foods -- meaning that they make you feel full longer.

10

Health!

Eating more plant-based foods like whole grains, legumes, fruits, and vegetables that are minimally prepared can make shopping less expensive. It can also help you lower your risk for heart disease and certain cancers.