

# 9 Heart Healthy and Inexpensive Ways to Fill Your Shopping Cart

## 1. Great Grains

Dinner can always be a plateful of grains and vegetables. Use a small amount of protein as the condiment rather than the centerpiece. Grains give a lot of B vitamins minerals and fiber for a low price.

- Store brand pasta and whole grain pasta
- Store brand brown rice and white rice
- Oatmeal (breakfast)
- Low-fat popcorn (snacks)

## 2. Bountiful Beans

Beans are an inexpensive way to add protein, iron and fiber to any dish.

- Canned beans
- Dried lentils
- Dried beans
- Frozen beans

## 3. Lean poultry

- Chicken tenders
- Chicken breasts with ribs
- Extra lean ground turkey
- Whole chicken

## 4. Frozen or canned fish in water

Fish is a nutritious, flavorful enhancement to pasta or rice dishes or salads. Small cans provide portion control. Your grocer's freezer now provides better choices for fish. Just make sure you choose plain varieties and add your own seasonings to keep fat and salt low.

## 5. Seasonal fresh vegetables and fruit

These are both economical and better tasting. Plan your meals around what is ripe, flavorful and colorful. Heads of lettuce, carrots, cabbage, bags of apples, zucchini, corn and melons all make excellent choices when they are in season.

## 6. Frozen vegetables

Frozen vegetables provide a shelf-stable product

that needs little preparation. You can find special deals on store brands.

## 7. Low-cal, high-calcium dairy choices

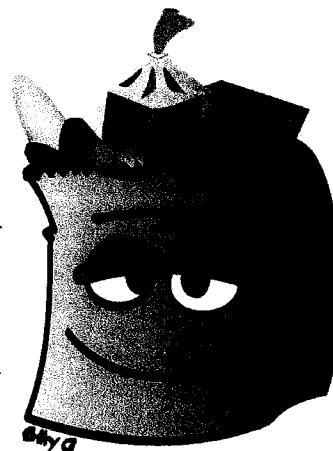
Skim milk, light low-fat yogurt and nonfat ricotta provide the best sources of calcium while being low in saturated fat and sodium. Watch for specials and buy in bulk to save.

## 8. Brewed tea

Brew your own tea to cash in on a beverage that is low in cost and chocked full of nature's healthful antioxidants and other beneficial elements. Brewed tea is an excellent and lower-priced alternative to soda and other sugar-laden expensive beverages. Choose store brands and stock up on special offers.

## 9. Potatoes

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



### Healthful, low-cost food may help you lower your risk for certain cancers.

Eating more plant-based foods like grains, legumes, fruits and vegetables that are minimally prepared can make shopping less expensive. It can also help you lower your risk for certain cancers. FMI see [www.dietandcancerreport.org](http://www.dietandcancerreport.org)