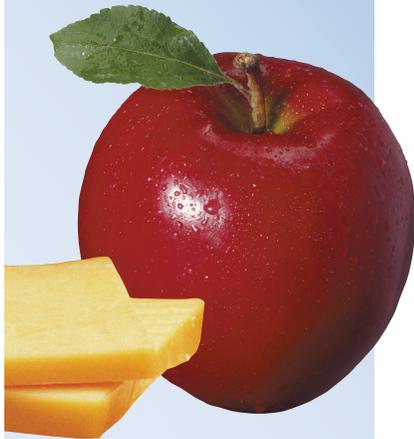


EATING SMART AT HOME



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. All snacks on this page are about the same price as one soft drink from a vending machine.

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

USE UNIT PRICING TO SELECT THE BEST VALUE.



size of the package of food

price per ounce

price of the package of food



NC STATE UNIVERSITY



TUNA BURGERS

Makes 6 servings
Serving Size: 1 patty

Hint: Serve on whole-wheat buns. Add lettuce, tomato, cucumbers and shredded carrots as condiments to build a healthy burger.

Ingredients

- 2 (4.5-ounce) cans low-sodium tuna, packed in water
- 1 cup bread crumbs, divided
- 1 cup low-fat shredded cheddar cheese
- 1 egg, lightly beaten
- 1/2 cup non-fat ranch dressing
- 1/4 cup finely chopped onion
- Non-stick cooking spray

Directions

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine tuna, 1/2 cup bread crumbs, cheese, egg, dressing and onion.
3. Form six patties; coat each side with remaining 1/2 cup bread crumbs.
4. Spray non-stick skillet with cooking spray; heat to medium heat.
5. Cook patties 3–5 minutes on each side until golden brown.

Nutrition information Per Serving

230 calories
Total Fat 8 g
Saturated Fat 4 g
Protein 17 g
Total Carbohydrate 20 g
Dietary Fiber 3 g
Sodium 430 mg

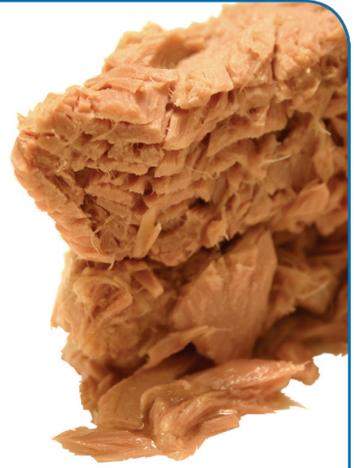


Good Source
of Calcium



Good Source
of Iron

*Recipe analyzed using
very low-sodium tuna
in water.*



Eat Smart



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.



Move More