

Shop: Get the Best for Less

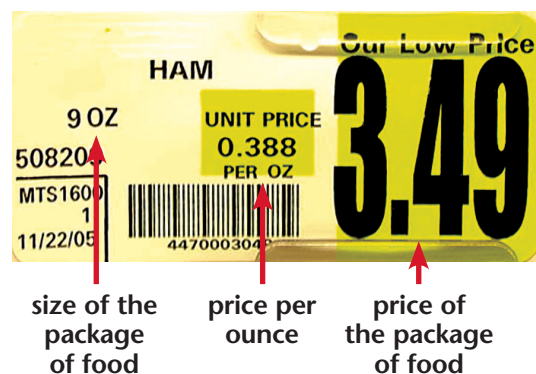
Eat Smart for Less

- 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 100% 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



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. Most snacks on this page are less than the price of one soft drink from a vending machine.

USE UNIT PRICING TO SELECT THE BEST VALUE.



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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 cheddar cheese, shredded
- 1 egg, lightly beaten
- 1/2 cup non-fat Ranch salad 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, salad 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 and internal temperature of each patty reaches 160°F.

160°F

Nutrition information Per Serving

230 calories		
Total Fat	8 g	 Good Source of Calcium
Saturated Fat	4 g	
Protein	17 g	 Good Source of Iron
Total Carbohydrate	20 g	
Dietary Fiber	3 g	
Sodium	430 mg	

Recipe analyzed using very low-sodium tuna in water.



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.