Eating Smart at Home

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.

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

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.