8 Super Foods For $1 or Less

Ground Beef: $1.02 per 3-ounce serving of 93%-lean ground beef. Lean beef is a low-fat source of protein and iron.

Yogurt: 49¢ per 8-ounce serving. Yogurt is a great source of calcium and protein. Buy in bulk for more savings.

Grains: 26¢ for 2 ounces of whole-wheat pasta. Pasta and rice are cheap, healthy pantry items that provide our bodies with carbohydrates needed for energy.

Frozen Veggies: 30¢ for a ½-cup serving of frozen peas. Frozen fruits and vegetables are nutritious because they’re picked at the peak of ripeness and then frozen to seal in their nutrients.

Eggs: 23¢ per large egg. A source of high-quality protein, eggs also contain the antioxidants lutein and zeaxanthin, which help keep eyes healthy.

Beans: 52¢ or less per 1/2-cup serving of canned beans. One serving of beans has 7 grams of fiber, about a quarter the daily recommendation, and 7 grams of protein.

Bananas: 40¢ per banana. Bananas are a good source of potassium and fiber and a great source of vitamins C and B6.

Potatoes: About 44¢ per potato. Potatoes are a good source of fiber, potassium and vitamin C.

Adapted from: http://www.eatingwell.com/healthy_cooking/budget_cooking/8_superfoods_for_1_or_less