

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.

49¢ per 8-ounce serving. Yogurt is a great source of calcium and protein.

Buy in bulk for more savings.

Yogurt



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.

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.

Frozen Veggies



Grains



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

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.

Beans



Eggs



Bananas



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

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

Potatoes

