

25 Cheap Foods You Need to Buy

Adapted from www.SparkPeople.com

Protein	Fruits	Vegetables	Whole grains	Dairy
<p>Canned salmon Get your Omega-3's for less. Salmon is full of these healthy fats, which help lower cholesterol and prevent heart attacks.</p>	<p>Frozen fruit and berries Throw some in the blender with milk or yogurt for a healthy treat. Frozen berries can be used in oatmeal or drained and baked into muffins and quick breads.</p>	<p>Romaine lettuce or other hearty lettuce: Banish the iceberg and choose sturdy Romaine for your salads. It will give you more fiber and nutrients, plus a satisfying crunch.</p>	<p>Whole-grain pasta: With a nutty flavor and a subtle brown color, whole-wheat pasta perks up any meal. Start with half regular, half whole-wheat pasta, then gradually add more wheat pasta for a burst of fiber and nutrients.</p>	<p>Quarts of low- or fat-free yogurt: Buy large containers of plain or vanilla yogurt, and then add real fruit. You'll save money and calories by not buying fancy single-serve yogurts.</p>
<p>Chicken breasts: Easy-to-prepare, chicken is full of lean protein, which helps keep you fuller longer.</p>	<p>Apples: They might not keep the doctor away, but apples are actually full of antioxidants, which help slow the progression of age-related diseases</p>	<p>Carrots: Carrots are good for your eyes, thanks to the antioxidants, including beta-carotene, in them. Dip them in hummus (made from canned beans), natural peanut butter or low-fat dressings</p>	<p>Popcorn kernels: Air-popped popcorn has just 30 calories and a trace of fat. Pop a few cups, spritz with olive oil or butter spray and sprinkle on your favorite seasonings for a guilt-free treat</p>	<p>Gallon of skim milk: It really does a body good. Full of calcium and protein, milk can help stretch a meal. Pair an eight-ounce glass with a piece of fruit or a granola bar for a filling snack.</p>
<p>Natural peanut butter: Spread on whole-grain bread. Throw a tablespoon in smoothies or yogurt Dip for carrots and pretzels, or mix it with a bit of low-sodium soy sauce, brown sugar and garlic, then thin with water for a quick sauce.</p>	<p>Bananas: Slice one on your morning yogurt or oatmeal for some added fiber and only 100 calories or so. Snack on a potassium-rich banana to prevent cramps after a workout.</p>	<p>Frozen spinach: Thaw and drain this good-for-your green, then toss it in omelets, soups, stir-fries and pasta sauces. Spinach is full of vitamins A, C, K, plus fiber and even calcium.</p>	<p>Brown rice: Brown rice is a great side dish, but you can also use it to help stretch your ground meat. Mix a cup of cooked rice with 8 ounces of lean ground beef next time you make meatloaf to save 45 calories and five grams of fat (and some money) per serving.</p>	
<p>Canned beans: Bulk up soups and stews while getting protein and fiber. Try chickpeas or black beans if you're not a fan of kidneys or pintos. Drain, rinse, and blend with lemon juice, garlic, cumin and a bit of vegetable broth for a quick dip.</p>	<p>Grapes: Freeze grapes for a low-calorie dessert or snack. Grapes--especially the dark purple ones--contain plenty of antioxidants that are known to help heart health</p>	<p>Canned tomatoes: Choose low-sodium varieties and throw a can in pasta sauces and chili to stretch a meal. Puree a can with a cup of skim milk and season to taste for your own tomato soup. You'll get a dose of vitamins A, B and C and lycopene, an antioxidant known to prevent cancer.</p>	<p>Oats: Oatmeal is a hearty breakfast, but you can also cook sturdy steel-cut oats in chicken broth for a savory side dish. Or, mix oats with ground turkey to stretch your meatballs.</p>	

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<p>Eggs: If you're watching your cholesterol, scramble one egg and two egg whites. Add onion and spinach and you've got a great omelet.</p>		<p>Garlic: Pungent and tasty, garlic can help lower cholesterol and blood clots, plus it can have a small effect on high blood pressure. Crush or chop it to release more of the antioxidants</p>		
<p>Dried lentils: Full of protein and fiber, lentils cook in just 15 minutes! Throw some in soups and stews or cook with curry powder for a quick, spicy meal</p>		<p>Sweet potatoes: A great source of fiber and antioxidants. Bake, mash or roast them--you'll forget about those other, paler potatoes</p>		
<p>Almonds: Get vitamin E, fiber and protein while satisfying a crunchy craving. Nuts are rich in an amino acid that could be linked to heart benefits. Chop a few raw ones and throw them on yogurt.</p>		<p>Onions: Onions have been proven to lower risks for certain cancers, and they add flavor with few calories. Try roasting them to bring out their sweetness and cut their harsh edge. (If you well up while cutting them, store onions in the fridge for a tear-free chop.)</p>		
		<p>Broccoli: Full of fiber, it will provide you vitamins A and C, plus fiber and a host of antioxidants. Broccoli is a superstar in the nutrition world.</p>		