



Move to Healthy Choices Newsletter

May 2011

Does Nutritious Food Cost More?

Purchasing nutritious food does not need to be more expensive, especially if it means you can cut down on purchasing expensive packaged foods. It is possible to cook up inexpensive, healthy snacks and entrees if you choose the right ingredients.



VEGETABLES AND FRUIT - try these choices to make inexpensive, nutritious Snacks and Entrees

Beets
 Broccoli
 Cabbage
 Carrots
 Celery
 Corn
 Garlic
 Onions
 Potatoes
 Spinach
 Tomatoes
 Zucchini
 Apples
 Bananas
 Grapes
 Oranges
 Watermelon

Borscht
 Baked Potato Bar
 Potato Salad
 Vegetable Soup
 Banana Bread
 Fresh Fruit
 Frittata
 Tomato Pasta Sauce
 Vegetable Stir Fry
 Corn on the Cob



GRAIN PRODUCTS – try these choices for inexpensive, nutritious Snacks and Entrees

Barley
 Oats
 Rice
 Whole Grain Pasta



Oatmeal with Fruit
 Oatmeal Raisin Muffin
 Cabbage Rolls
 Pasta Salad
 Beef Barley Soup
 Rice Bowl

MILK and ALTERNATIVES – try these choices for inexpensive, nutritious Snacks and Entrees

Milk
Yogurt

Yogurt Parfait
Cream of Lentil Soup
Dilly Yogurt Dip
Fruit and Yogurt Cup
Milk



MEAT and ALTERNATIVES – try these choices for cheap, nutritious Snacks and Entrees

Beans
Chicken Pieces
Eggs
Nuts
Peanut Butter
Pork
Split Peas
Turkey - buy around the holidays and freeze for later

Quiche
Omelet
Nuts Sprinkled on Salads
Split Pea Soup
Chili
Garlic Roasted Chicken Legs
Pulled Pork on a Bun
Baked Beans
Turkey Soup



Questions? Contact us or your local recreation director.

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