

20 Healthiest Foods Under 2 Bucks!



1. Oats

High in fiber and complex carbohydrates, oats have also been shown to lower cholesterol. And they sure are cheap – a dollar will buy you more than a week’s worth of hearty breakfasts.

Serving suggestions: Sprinkle with nuts and fruit in the morning, make [oatmeal cookies](#) for dessert.

2. Eggs

You can get about a half dozen of eggs for about two dollars, making them one of the cheapest and most versatile sources of protein. They are also a good source of the antioxidants lutein and zeaxanthin, which may ward off age-related eye problems.

Serving suggestions: scrambled eggs for breakfast, egg salad sandwiches for lunch, and frittatas for dinner.

3. Cabbage

Cabbage is often forgotten, but is cheaper than lettuce so it helps stretch out the budget while still enabling you to eat salads. Cabbage is a great source of anti-oxidants and high in vitamins A, E, C and B.

Serving suggestions: Coleslaw, tacos and stir-fry.

4. Potatoes

Because we often see potatoes at their unhealthiest – as fries or chips – we don’t think of them as nutritious, but they definitely are. Eaten with the skin on, potatoes contain almost half a day’s worth of Vitamin C, and are a good source of potassium. If you opt for sweet potatoes or yams, you’ll also get a good wallop of beta carotene. Plus, they’re dirt cheap and have almost endless culinary possibilities.

Serving suggestions: For lunch, try potato salad; for dinner, have them with low fat sour cream and chives.

5. Apples

They’re inexpensive, easy to find, come in portion-controlled packaging, and taste good. They are a good source of pectin – a fiber that may help reduce cholesterol – and they have the antioxidant Vitamin C, which keeps your blood vessels healthy.



6. Nuts

Though nuts have a high fat content, they're packed with the good-for-you fats. They're also good sources of Vitamin E and protein. And because they're so nutrient-dense, you only need to eat a little to get the nutritional benefits. Although some nuts, like pecans and macadamias, can be costly, peanuts, walnuts, and almonds, especially when bought in the shell, are low in cost. Be sure to watch out for salted or coated nuts that may add extra sodium to the diet.

Serving suggestions: Raw; roasted or sprinkled in salads.

7. Bananas

A dollar gets you a banana a day for the workweek. High in potassium and fiber (9 grams for one), bananas are a no-brainer when it comes to eating your five a day quotient of fruits and veggies.

Serving suggestions: In smoothies, by themselves, in cereal and yogurt.

8. Garbanzo Beans

With beans, you're getting your money's worth and then some. Not only are they a great source of protein and fiber, but they are also high in fiber, iron, folate, and manganese, and may help reduce cholesterol levels. And if you don't like one type, try another – black, lima, lentils ... the varieties are endless. Though they require soaking and cooking, the most inexpensive way to purchase these beans is in dried form; a precooked can will still only run you around a buck.

Serving suggestions: In salads, curries, and homemade hummus (1 can of beans = all you need for an entire recipe of hummus).

9. Broccoli

Broccoli contains tons of nice nutrients – calcium, vitamins A and C, potassium, folate, and fiber. As if that isn't enough, broccoli is also packed with phytonutrients, compounds that may help prevent heart disease, diabetes, and certain cancers. Plus, it's low in calories and cost.

Serving suggestions: Throw it in salads, stir fries, or served as an accompaniment to meat.

10. Watermelon

Though you may not be able to buy an *entire* watermelon for a dollar, your per serving cost isn't more than a few dimes. This summertime fruit is over 90 percent water, making it an easy way to hydrate, and gives a healthy dose of Vitamin C, potassium, and lycopene, an antioxidant that may ward off cancer.

Serving suggestions: Freeze chunks for popsicles or eat straight from the rind.



11. Brown Rice

Low in fat and high in protein and fiber, rice is a great source of complex carbohydrates. It packs a powerful potassium punch and is loaded with B vitamins. Great for side dishes, rice salads, fried rice, casseroles, soups, and stews. A serving is $\frac{1}{4}$ cup of dry rice which means it only cost 10 cents a serving (\$2.00 for a 2lb bag).

Serving suggestions: Mix with nuts and veggies for a cold rice salad; blend with spices rice for a side dish or add to stir fry.

12. Beets

Their natural sugars make them sweet to the palate while their rich flavor and color make them nutritious for the body. They're full of folate, iron, and antioxidants.

Serving suggestions: Shred into salads, slice with goat cheese. If you buy your beets with the greens on, you can braise them in olive oil like you would other greens.

13. Butternut Squash

This beautiful gourd swings both ways: sometimes savory, sometimes sweet. However you prepare the butternut, it will not only add color and texture, but also five grams of fiber per half cup and chunks and chunks of Vitamin A and C. When in season, butternut squash and related gourds are usually less than a dollar a pound.

Serving suggestions: Try Butternut Squash Frittata; cook and dot with margarine and pepper.

14. Whole Grain Pasta

A complex carbohydrate source that is high in protein and B vitamins. Plus, it's one of the cheapest staples you can buy.

Serving suggestions: Mix clams and white wine with linguine; top orzo with tomatoes and garlic; eat cold [Farfalle Salad](#) on a picnic.

15. Sardines

This little fish comes with big benefits: calcium, iron, magnesium, zinc, and B vitamins. And, because they're low on the food chain, they don't accumulate mercury. Not to mention they are high in omega-3 fatty acids.

Serving suggestions: Mash them with parsley, lemon juice, and olive oil for a spread; eat them plain on crackers.



16. Spinach

Spinach is perhaps one of the best leafy greens out there—it has lots of Vitamin C, iron, and trace minerals. Plus, you can usually find it year round for less than a dollar. (Tip: check out the frozen section).

Serving suggestions: Sautéed with eggs, as a salad, or a [Spinach Frittata](#).

17. Tofu

Not just for vegetarians anymore, tofu is an inexpensive protein source that can be used in both savoury and sweet recipes. It's high in B vitamins and iron, but low in fat and sodium, making it a healthful addition to many dishes.

Serving suggestions: Use silken varieties in [Tofu Cheesecake](#); add to smoothies for a protein boost; cube and marinate for barbecue kebobs.

18. Frozen Vegetables

Frozen vegetables come in 12-ounce to 24-ounce bags that cost anywhere from \$1.75 to \$2.25 and contain 6-8 cups, depending on the vegetable and the size of the bag. A 1-cup serving of frozen mixed vegetables (classic mix) has 82 calories, 6 grams fiber, 4 grams protein, 115% of the Daily Value for Vitamin A, 8% Daily Value for Vitamin C, and 7% Daily Value for potassium. May cost a little more up front, but frozen vegetables and fruit go a long way and lasts for months!

Serving Suggestions: Side dishes, casseroles, stir-fries and stews.

19. Pumpkin Seeds

When it's time to carve your pumpkin this October, don't shovel those seeds into the trash—they're a goldmine of magnesium, protein, and trace minerals. Plus, they come free with the purchase of a pumpkin.

Serving suggestions: Roast, and eat plain; toss in salads.

20. Lowfat Milk

Yes, the price of a gallon of milk is rising, but per serving, it's still under a dollar; single serving milk products, like yogurt, are usually less than a dollar, too. Plus, you'll get a lot of benefit for a small investment. Milk is rich in protein, vitamins A and D, potassium, and niacin, and is one of the easiest ways to get bone-strengthening calcium.

Serving suggestions: In smoothies, hot chocolate, or coffee; milk products like low fat cottage cheese and yogurt.

