



Healthy Eating for Busy People on a Budget

Eating well can improve your health. Healthy eating can be cheap and easy. Below are healthy, budget foods ideas!

Food	Health Benefits	How to Eat
Broccoli	<ul style="list-style-type: none"> ✓ Vitamin C ✓ Vitamin K ✓ Folate ✓ Prevents cancer and heart disease 	<ul style="list-style-type: none"> • Eat raw or cooked. • Add it to soups, salads, or casseroles. • Roast with salt and olive oil for a grab and go snack.
Onions	<ul style="list-style-type: none"> ✓ Vitamin C ✓ Manganese ✓ Vitamin B6 ✓ Potassium ✓ Prevents heart disease, diabetes, and cancer 	<ul style="list-style-type: none"> • Add to dishes for flavor instead of high salt, high calorie add-ins.
Bagged Spinach	<ul style="list-style-type: none"> ✓ Vitamin K ✓ Vitamin A ✓ Vitamin C 	<ul style="list-style-type: none"> • Eat as a salad. • Add as a topping to a sandwich. • Toss it in a smoothie or casserole.

	<ul style="list-style-type: none">✓ Folate✓ Manganese✓ Bone health✓ Boosts immunity✓ Lowers risk of heart disease and which plays an important role in bone health and reducing the risk of heart disease and cancer	
<p>Sweet Potatoes</p>	<ul style="list-style-type: none">✓ Vitamin A✓ Vitamin B✓ Vitamin C✓ Potassium✓ Fiber✓ Eye health✓ Lowers risk of chronic cancer and diabetes	<ul style="list-style-type: none">• Steam, bake, or roast.• Add toppings like lean meat to make it a meal. (Just use high fat/calorie toppings like butter and cheese and nuts sparingly)

Apples	<ul style="list-style-type: none"> ✓ Vitamin C ✓ Vitamin B ✓ Prevent chronic diseases 	<ul style="list-style-type: none"> • Eat as a quick side or healthy snack.
Cantaloupe	<ul style="list-style-type: none"> ✓ Vitamin A ✓ Vitamin C ✓ Potassium ✓ Heart healthy Prevents cancer 	<ul style="list-style-type: none"> • Cut into squares or wedges for a grab and go snack or dessert.
Frozen Berries	<ul style="list-style-type: none"> ✓ Vitamin C ✓ Folate ✓ Prevent diabetes, heart disease, and cancer Healthy weight 	<ul style="list-style-type: none"> • Add to a smoothie. • Toss in yogurt. • Eat as an alternative to ice cream.
Eggs	<ul style="list-style-type: none"> ✓ Antioxidants ✓ Choline ✓ Brain Health ✓ Eye Health 	<ul style="list-style-type: none"> • Eat boiled as a take along lunch or snack. • Remove yolk for a low cholesterol option.
Canned Fish	<ul style="list-style-type: none"> ✓ Omega-3 fatty acids 	<ul style="list-style-type: none"> • Eat with crackers • Add to salads, casseroles, or omelets.

	<ul style="list-style-type: none"> ✓ Selenium ✓ Vitamin D ✓ Calcium ✓ Phosphorus ✓ Brain health ✓ Immunity ✓ Bone Healthy 	
Beans	<ul style="list-style-type: none"> ✓ Protein ✓ Fiber ✓ Folate ✓ Improve gut health Healthy weight 	<ul style="list-style-type: none"> • Add to a casserole, soup, or chili.
Cottage Cheese	<ul style="list-style-type: none"> ✓ Protein ✓ Healthy weight 	<ul style="list-style-type: none"> • Add fresh or frozen berries for a healthy snack or side • Use as a dip for fresh vegetables • Serve over a lettuce salad
Yogurt	<ul style="list-style-type: none"> ✓ Calcium ✓ Phosphorus 	<ul style="list-style-type: none"> • Top with fruit or a handful of nuts for breakfast or snack. • Add herbs to make into a dip for fresh vegetables.

✓ B Vitamins

✓ Zinc

✓ Probiotics

✓ Bone health

✓ Gut health

References:

Elliot, B. (2020, August 20). *29 healthy foods that are incredibly cheap*. Healthline. https://www.healthline.com/nutrition/29-cheap-healthy-foods#TOC_TITLE_HDR_7

Robertson, R. (2017, December 1). *The 9 healthiest beans and legumes you can eat*. Healthline. <https://www.healthline.com/nutrition/healthiest-beans-legumes#section4>