

# Shop: Get the Best for Less

## Eat Smart for Less

- Apple, 1 small  
Cheese, 1 ounce
- Banana, 1 small  
Peanut butter, 1 tablespoon
- Carrot and celery stick (1 carrot, 1 rib celery)  
Low-fat Ranch dip, 2 tablespoons
- Applesauce, 1/2 cup  
Graham crackers, 2 sheets
- Low-fat, low-sugar yogurt, 8-ounce cup
- Orange, 1 medium
- Popcorn, 3 cups  
Orange juice spritzer (1/2 cup 100% juice with 1/2 cup club soda)
- Cereal (e.g. toasted oats) 1 cup  
Low-fat milk, 1/2 cup
- Cucumber slices, 1/2 cup  
Salsa, 4 tablespoons



Eating healthy does not have to be expensive. For about the cost of a soft drink, you can eat a healthy, quick, and delicious snack. Most snacks on this page are less than the price of one soft drink from a vending machine.


### USE UNIT PRICING TO SELECT THE BEST VALUE.



# Tuna Burgers

**Makes 6 servings | Serving Size: 1 patty**



 **Hint:** Serve on whole-wheat buns. Add lettuce, tomato, cucumbers, and shredded carrots as condiments to build a healthy burger.

## Ingredients

- 2 (5-ounce) cans low-sodium tuna
- 1 cup whole-grain bread crumbs, divided
- 1 egg, lightly beaten
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped green bell pepper
- 1 teaspoon Italian seasoning
- Dash of cayenne pepper (optional)
- Non-stick cooking spray

## Directions

1. Drain tuna, separate into flakes using a fork.
2. In a medium bowl, combine the tuna, 1/2 cup of bread crumbs, egg, onion, celery, pepper, and seasonings.
3. Form six patties. With remaining 1/2 cup of bread crumbs, coat each side of patties.
4. Spray non-stick skillet with cooking spray. Heat over medium heat.
5. Cook each patty until heated through and golden brown (approximately 5 minutes on each side and internal temperature reaches 160°F).

## Nutrition Information Per Serving

90 calories  
 Total Fat 2.4 g  
 Saturated Fat 0.6 g  
 Protein 13 g  
 Total Carbohydrate 4 g  
 Dietary Fiber 1 g  
 Sodium 108 mg



**Good Source of Calcium**



**Good Source of Iron**

*Recipe analyzed using very low-sodium tuna in water.*



## Park and Walk

Taking the parking space closest to the door is convenient, but you don't get any physical activity! When you go shopping, try parking at the back of the parking lot. It will only take you a few extra minutes and you will be adding steps to your day.