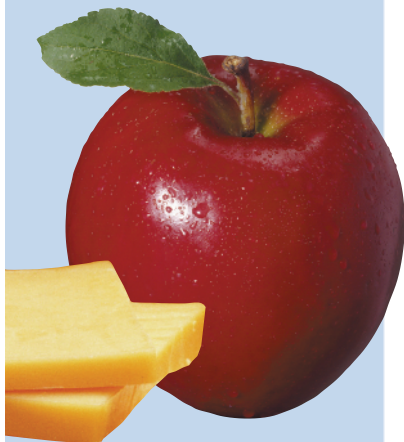


EATING SMART AT HOME



Shop: Get the Best for Less

EAT SMART FOR LESS

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. All snacks on this page are about the same price as one soft drink from a vending machine.

- Apple, 1 small
- Cheese, 1 ounce
- Banana, 1 small
- Peanut butter, 1 tablespoon
- Carrot and celery sticks (1 carrot, 1 rib celery)
- Low-fat Ranch dip, 2 tablespoons
- Applesauce, 1/2 cup
- Graham crackers, 2 sheets
- Low-fat yogurt, 8-ounce cup
- Orange, 1 medium
- Pudding cup
- Popcorn, 3 cups
- Orange juice spritzer (1/2 cup juice with 1/2 cup club soda)
- Cereal, Cheerios, 1 cup
- Low-fat milk, 1/2 cup
- Cucumber slices, 1/2 cup
- Salsa, 4 tablespoons

USE UNIT PRICING TO SELECT THE BEST VALUE.



size of the package of food

price per ounce

price of the package of food

NC STATE
EXTENSION

Community & Clinical
CONNECTIONS
for Prevention & Health
Branch
NORTH CAROLINA
DIVISION OF PUBLIC HEALTH