

Bread, cereal, rice, and pasta

- Eat hot or cold low-sugar cereals, like oatmeal.
- Corn tortillas, soda crackers, graham crackers, popcorn, or pretzels make good choices.
- Choose whole grain foods, like whole wheat bread.

Fruits and vegetables

- Fresh fruits and vegetables in season are great. Check out produce stands and farmer's markets. You may get a better price there.
- Most of the time you can find good prices for potatoes, sweet potatoes, greens, carrots, onions, and cabbage.
- Bananas, oranges, apples, raisins, and prunes are almost always a good buy.
- Wash and cut your own lettuce for salads.

Milk foods

- Try powdered milk.
- Buy plain yogurt.

Meat, poultry, fish, beans, and other protein foods

- You may like beans (pinto, red, black, white, or pink). You can also try lentils, split peas, or blackeye peas.
- Try eggs, bean soups, peanut butter, peanuts, or tofu.
- Choose turkey legs, canned tuna, or whole chickens. Buy meat on sale.
- Cook pizza at home, rather than eating out.

Fats

- Use vegetable oils for cooking.
- Do not use butter, lard, or shortening.

