

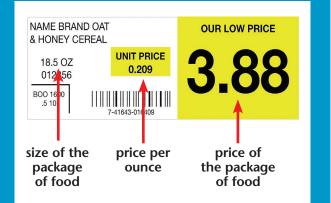
# Shop: Get the Best for Less

## 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.





This material is based up the Expanded Food and Nutrition Education Program (EPNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

NC STATE UNIVERSITY





### EAT SMART

## **Tuna Burgers**

Makes 6 servings | Serving Size: 1 patty

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

#### 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 10	)8 mg

Good Source of Calcium Good Source of Iron

Recipe analyzed using very low-sodium tuna in water.

### X MOVE MORE



### 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.

 1/4 cup finely chopped green bell pepper

- 1 teaspoon Italian seasoning
- Dash of cayenne pepper (optional)
- Non-stick cooking spray

Families Eating Smart and Moving More was developed through a collaboration between NC Cooperative Extension, EFNEP and North Carolina Division of Public Health, Nutrition Services branch and Community and Clinical Connections for Health and Prevention branch. The Expanded Food and Nutrition Education Program (EFNEP) is funded by the U.S. Department of Agriculture, National Institute for Food and Agriculture (USDA/NIFA). USDA is an equal opportunity provider and employer.