



# Good for You!

## Satisfying, Affordable Fruits and Vegetables

Tasty, colorful, convenient, quick, fun to eat, healthful – what’s not to like about fruits and veggies?

Some people think that fruits and vegetables are too expensive for families living on a tight budget. But a one-cup serving of 62 commonly-eaten fruits and veggies costs just 13 to 52 cents, according to three national studies published in 2010 and 2011. In addition, shopping for these less-costly fruits and vegetables when they are on sale in weekly grocery store promotions yields a 37% savings, on average. A low price-per-pound does not always indicate a low price-per-edible-serving, since the non-edible parts of many fruits and vegetables weigh a lot.

Choices within the group of lower-cost fruits and vegetables include fresh, canned, frozen, dried and/or 100% juice, and all of the recommended color and vegetable sub-groups.

### Fruits and Veggies – More matters!

Recommended amounts of fruits and vegetables range from 3 to 6 1/2 cups per day. (How much you need depends on your age, activity level and gender.)

Instead of doing the math, you could just keep it simple: Fill half of your plate with colorful fruits and vegetables at every meal and snack!

Research shows that fruits and vegetables promote good health. How? They contain essential nutrients (vitamins, minerals, dietary fiber) and other healthful substances.

People who eat generous amounts of fruits and veggies as part of a healthful diet reduce their risk of getting a chronic disease, including stroke, heart attack and certain cancers.

Eating fruits and vegetables instead of higher-calorie foods can help you lose excess weight and maintain a healthy weight. The water and fiber in fruits and vegetables will add volume to your dishes, so that you can eat the same amount of food with fewer calories.



Most fruits and vegetables are naturally low in fat and calories, yet are filling.

For more information, visit the website:

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



**Search for “Kansas SNAC” on Facebook to learn more about eating well and saving money.**

Sources: 1) Stewart H, et al. Can low-income Americans afford to satisfy MyPyramid fruit and vegetable guidelines? J Nutr Educ Behav. 2011;43:173-179. 2) Lutz, S. Measuring the true cost of fruits and vegetables to American consumers. FRESH. 2010;Winter:13-15. 3) Stewart H, et al. How much do fruits and vegetables cost? EIB-71, USDA, ERS. Feb 2011.

# Get More Value With Your Food Dollars

To fill half of your plate with colorful fruits and vegetables at breakfast, lunch, supper and snacks, plan to spend almost half of your food budget on fruits and veggies, too. One way to free up money for buying more fruits and vegetables is to spend less for other foods. How?

- Prepare meals and snacks at home. Buy few, if any, away-from-home foods, such as prepared restaurant foods and vending machine foods. (This will save about one-third of the food budget of the average low-income U.S. household.)
- Prepare meals and snacks from basic foods. Buy few, if any, expensive pre-cut, ready-to-eat or ready-to-heat meals and snacks. (This will save about 12% of the food budget.)
- Buy foods only in the amounts that you can use before they spoil. (This will save about 10% of the food budget.)
- Buy less, if any, sports drinks, energy drinks, carbonated beverages, coffee or alcohol. (This will save about 7% of the food budget.)

## 37 Least-expensive Veggies

(range = 13 to 48 cents per one-cup-equivalent serving)

Boiled pinto beans, from dried  
Boiled lentils, from dried  
Boiled great northern beans, from dried  
Boiled black beans, from dried  
Boiled navy beans, from dried  
Boiled potatoes, from fresh  
Boiled red kidney beans, from dried  
Boiled lima beans, from dried  
Fresh whole carrots  
Fresh iceberg lettuce heads<sup>1</sup>  
Boiled cabbage, from fresh  
Fresh onions  
Canned sauerkraut  
Fresh cauliflower heads  
Boiled whole carrots  
Fresh celery stalks  
Canned sliced carrots  
Canned cut green beans  
Frozen cut green beans  
Canned whole kernel sweet corn  
Canned pinto or red kidney beans  
Frozen carrots  
Fresh baby carrots  
Canned turnip greens  
Fresh Romaine lettuce hearts<sup>1</sup>  
Boiled cauliflower, from fresh head  
Canned great northern beans  
Canned whole or cut tomatoes  
Fresh radishes  
Canned potatoes  
Frozen French fries  
Canned mustard greens  
Boiled sweet potatoes, from fresh  
Canned green peas  
Canned black beans  
Canned navy beans  
Frozen kale

<sup>1</sup> One-cup-equivalent of fresh lettuce is a 2 cup serving

## 25 Least-expensive Fruits

(range = 17 to 52 cents per one-cup-equivalent serving)

Fresh watermelon  
Apple juice\*  
Fresh bananas  
Pineapple juice\*  
Grape juice\*  
Orange juice\*  
Apple juice, ready to drink  
Grapefruit juice\*  
Fresh apples  
Fresh navel oranges  
Orange juice, ready to drink  
Grape juice, ready to drink  
Grapefruit juice, ready to drink  
Pineapple juice, ready to drink  
Raisins<sup>1</sup>  
Fresh pears  
Fresh honeydew melon  
Applesauce  
Fresh plums  
Fresh nectarines  
Canned pineapple  
Dried apples<sup>1</sup>  
Dried apricots<sup>1</sup>  
Dried cranberries<sup>1</sup>  
Dried plums / prunes<sup>1</sup>

<sup>1</sup> One-cup-equivalent of dried fruit is a 1/2 cup serving

\* Frozen concentrated 100% juice reconstituted at home



This material is funded by USDA SNAP. USDA is an equal opportunity employer and provider. SNAP provides food assistance to people with low income. It can help you buy nutritious foods for a better diet. For information, call 1-888-369-4777.

For more information, contact your local Extension Office