



Eating Healthy on a Budget

Sharon Puello MA RD CDN CDCES

What Do We Think of As Healthy Eating?

Eating a diet of foods in as close to the natural state as possible - in other words, a whole, minimally-processed diet.



Is Buying Organic Important?

Diet and food type affect urinary pesticide residue excretion profiles in healthy individuals: results of a randomized controlled dietary intervention trial

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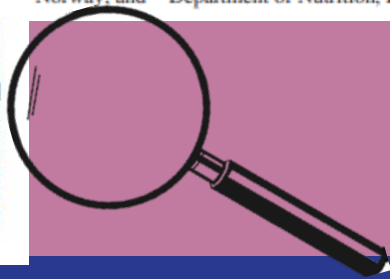
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Effects of diet

Comparisons of pesticide exposure from a habitual Western diet and a controlled MedDiet (see [Supplemental Tables 14 and 15](#) for a detailed analysis of the differences in food consumption pattern between the 2 diets) were based on UPRE data from the conventional group collected 1) in weeks 1 and 5 when participants stayed in an urban work and domestic environment in Newcastle and consumed a Western diet and 2) in weeks 2 and 3 when participants stayed in a rural environment in Crete, Greece. It is therefore important to point out that the effects of diet change reported here may have been confounded by differences in environmental pesticide exposure between the 2 locations (see “Markers for environmental pesticide exposure” section below).

Consumption of Western and Mediterranean diets based on conventional food resulted in broadly similar urinary pesticide residue profiles, although the proportions of samples testing positive for residues of the chlorpyrifos (TCHP) and the pyrethroid metabolite *t*-CDCA were significantly higher with the conventional MedDiet (Supplemental Table 8).

Diet change was not associated with a significant change in the level of excretion of CCC, herbicides, and Cu (Table 3), but [changing from a habitual Western to a conventional food-based MedDiet was associated with significantly \(2–4 times\) higher insecticide, pyrethroid and organophosphate residue excretion and slightly \(17%\), but significantly, higher total synthetic chemical residue excretion \(Table 3\)](#). It is important to note that excretion of pyrethroid insecticide, total insecticide, and OP residues from a conventional food-based Western diet and an organic food-based MedDiet was not significantly different (Table 3, Supplemental Table 10).



If I'm Going to Buy Organic, How Do I Decide What to Buy?

Dirty Dozen™

EWG's 2022 Shopper's Guide to Pesticides in Produce™



1. Strawberries



2. Spinach



3. Kale, collard & mustard greens



4. Nectarines



5. Apples






6. Grapes

How Do I Work with this List?

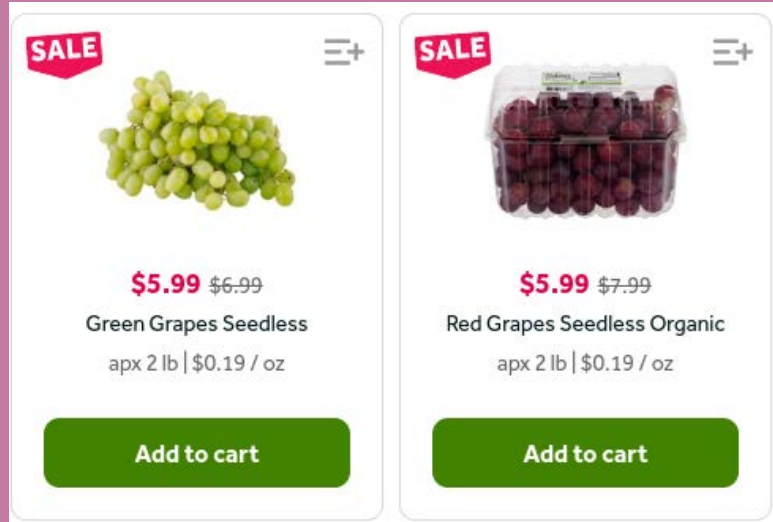
- Choose fresh vs frozen: frozen organic berries are much cheaper than fresh.
- Buy fresh and freeze: Organic spinach and kale tend to already be less expensive organic veggies, but preserve your investment by freezing, or cooking and freezing before they go bad.
- Purchase when in season, and on sale. Ex. summer/fall is when you'll get the best price on organic grapes. Freeze on their own, or pre-make and freeze in smoothies.

Let's Take a Look at Some Prices

 <p>WHOLESALE PANTRY Organic mixed berries 32 OZ</p>	 <p>WOODSTOCK ORGANIC MIXED BERRIES 10 OZ</p>	 <p>SAMBAZON AÇAÍ Zero Sugar Superfruit Packs Pure Unsweetened On Sale!</p>
Wholesome Pantry Organic Mixed Berries, 32 Ounce	Woodstock Organic, Mixed Berries, 10 Ounce	Sambazon Zero Sugar Pure Unsweetened, Açai Berry,
\$7.99 \$0.25/oz	\$6.99 \$0.70/oz	\$5.99 was \$7.29 \$0.42/oz
ADD TO CART	ADD TO CART	ADD TO CART

- Store brand is typically cheaper.
- Individually wrapped packages will generally be more expensive.
- Comparing to fresh organic strawberries typically sold at \$7 / lb, \$8 for 2 lb is a great deal!

Let's Look at Some Prices



The image shows two side-by-side product cards for grapes. Each card features a red 'SALE' badge in the top left corner and a menu icon in the top right. The left card displays a bunch of green seedless grapes, with a price of \$5.99 (reduced from \$6.99) and a unit price of approximately \$0.19 per ounce. The right card displays a plastic container of red seedless organic grapes, also priced at \$5.99 (reduced from \$7.99) with the same unit price. Both cards have a green 'Add to cart' button at the bottom.

Product	Original Price	Sale Price	Unit Price
Green Grapes Seedless	\$6.99	\$5.99	apx 2 lb \$0.19 / oz
Red Grapes Seedless Organic	\$7.99	\$5.99	apx 2 lb \$0.19 / oz

Shopping online (even if you don't purchase your foods online) is a great way to compare prices. Stores typically show the price per ounce of food, making it easy to quickly compare value. Here we can see both the non-organic and the organic cost the same - why not get the organic?

The Dirty Dozen List Continued...



7. Bell & hot Peppers



8. Cherries



9. Peaches



10. Pears



11. Celery



12. Tomatoes

How Do I Work with This List?

- Most importantly, remember there's multiple ways to get the benefits of produce. You don't have to eat fresh/frozen cherries to get the health benefits -> you can add tart cherry juice concentrate to your water instead. You don't have to eat fresh tomatoes, you can use organic strained or pureed tomatoes instead.

Examples:



Dynamic Health Certified Organic Tart Cherry Juice Concentrate Unsweetened Description

Gluten Free
Kosher
Vegan

Certified Organic Tart Cherry 100% Juice Concentrate

Dynamic Health Tart Cherry Juice Concentrate has no sweeteners, preservatives or other additives. Tart cherries contain a nutritional goldmine of phenolics, which are naturally occurring plant compounds. The main type of phenolic in cherries are anthocyanins.

Directions

Serving Size 2 Tbsp (30mL) of Organic Tart Cherry Juice Concentrate. May be mixed with water, seltzer, juice or a beverage of your choice. To maintain freshness refrigerate after opening.

Nutritious Suggestions. Ideal for tropical smoothies, fruit cocktails and as a mixer. A delicious, natural topping for yogurt, ice cream, fruit, pastry and dessert.

Nutrition Facts

Serving Size: 2 Tbsp. (29.5 mL)

Servings per Container: About 16


	Amount Per Serving	% Daily Value
Calories	45	
Total Fat	0 g	0%
Sodium	0 mg	0%
Total Carbohydrate	11 g	4%
Dietary Fiber	0 g	01%
Total Sugars	9 g	
Includes 0g Added Sugars		0%
Protein	0 g	
Potassium	141 mg	4%

Other Ingredients: Organic Tart Cherry Juice Concentrate.

Examples: ALWAYS shop around. This should never cost more than \$4 each, and often can find for \$3 on sale.



Grocery & Gourmet Food > Pantry Staples > Canned, Jarred & Packaged Foods > Vegetables > Tomatoes > Crushed



Bionaturae Tomatoes Strained | Organic Strained Tomatoes | Keto Friendly | Non-GMO | USDA Certified Organic | No Added Sugar | No Added Salt | Made in Italy | 24 oz (6 Pack)

Brand: [bionaturae](#)
 ★★★★★ 67 ratings | 3 answered questions
 Climate Pledge Friendly

Price: **\$35.95** (\$0.25 / Ounce)

Get 40% off eligible products sold and shipped by Amazon when you pay with Discover rewards. Activation required. Max discount \$20. Limited-time offer, see terms.

Diet Type	Vegetarian
Brand	Bionaturae
Item Weight	13.53 Pounds
Number of Pieces	6
Specialty	NATURAL

Roll over image to zoom in



The Clean 15

Clean Fifteen™

EWG's 2022 Shopper's Guide to Pesticides in Produce™



1. Avocados



2. Sweet corn*



3. Pineapple



4. Onions



5. Papaya*



6. Sweet peas
(frozen)

These are some great options as they have great versatility and health benefits. Avocado can be used on sandwiches, on smoothies, and in homemade dips. Pineapple can be enjoyed fresh, or in smoothies, or cooked with meat. Peas can replace other starches at meals, and act as both vegetable and starch.

The Clean 15



7. Asparagus



8. Honeydew melon



9. Kiwi



10. Cabbage



11. Mushrooms







12. Cantaloupe

Regardless of organic or conventional, out of season melon will cost a lot - this is one fruit that you want to enjoy primarily when it's in season.











Let's Take a Look At Prices:

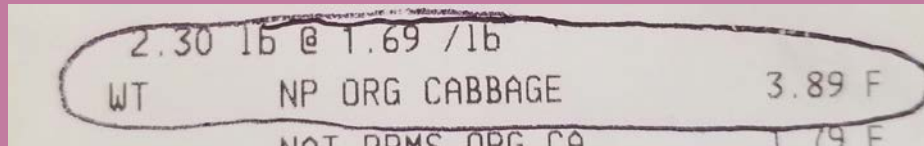
Produce

 \$0.79 Kiwi 1 ea \$0.79 / ea Add to cart	 \$5.00 Kiwi Value Pack 2 lb pkg \$0.16 / oz Add to cart	 \$5.00 Nature's Promise Organic Kiwi 4 ct pkg \$1.25 / ea Out of Stock	 \$5.00 Zespri Sungold Golden Kiwi 16 oz pkg \$0.31 / oz Add to cart
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Here, we can see that buying conventional kiwi you get double the quantity of fruit as if you had purchased organic. This is one area where you definitely want to go conventional....unless you eat the skin.

Let's Take a Look at Prices

 <p>\$1.61 Cabbage Red 1 ea \$1.61 / ea</p> <p>Add to cart</p>	 <p>\$3.49 Cabbage Red Organic 1 ea \$3.49 / ea</p> <p>Add to cart</p>	 <p>\$4.66 Cabbage Napa 1 ea \$4.66 / ea</p> <p>Add to cart</p>	 <p>\$3.11 Bok Choy 1 bunch \$3.11 / ea</p> <p>Add to cart</p>	 <p>\$5.99 Melissa's Asian Essentials Baby Bok Choy 16 oz pkg \$0.37 / oz</p> <p>Add to cart</p>
 <p>\$3.72 Cabbage Savoy 1 ea \$3.72 / ea</p> <p>Add to cart</p>	 <p>\$1.98 Cabbage Green 1 ea \$1.98 / ea</p> <p>Add to cart</p>	 <p>\$2.34 Cabbage Green Organic 1 ea \$2.34 / ea</p> <p>Add to cart</p>	 <p>\$1.49 Stop & Shop Shredded Red Cabbage 8 oz bag \$0.19 / oz</p> <p>Add to cart</p>	 <p>\$5.49 Nature's Promise Organic Vegetable Slaw 10 oz bag \$0.55 / oz</p> <p>Add to cart</p>



Even though sometimes shopping online can be more expensive, occasionally you find a deal. In the store they charge per lb for organic cabbage, but online it states it charges per head. It says for the organic red cabbage the price is \$3.49 each. If a typical head is 2.3 lb (approx. 25 ounces), that comes to \$0.14 per ounce. For the green cabbage it would come to \$0.09 per ounce...both cheaper than the conventional shredded cabbage.

The Clean 15 Continued



13. Mangoes




14. Watermelon



15. Sweet Potatoes

** A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.*


Organic Produce That Generally Isn't Super Expensive and Is Very Versatile:



☰+

\$4.99


Nature's Promise Organic Potatoes Yellow
3 lb bag | \$0.10 / oz



☰+

\$4.99

Nature's Promise Organic Russet Potatoes
3 lb bag | \$0.10 / oz



☰+

\$1.79


Carrots Organic
1 lb bag | \$0.11 / oz



☰+

\$5.79

Onions Yellow Organic
3 lb bag | \$0.12 / oz



☰+

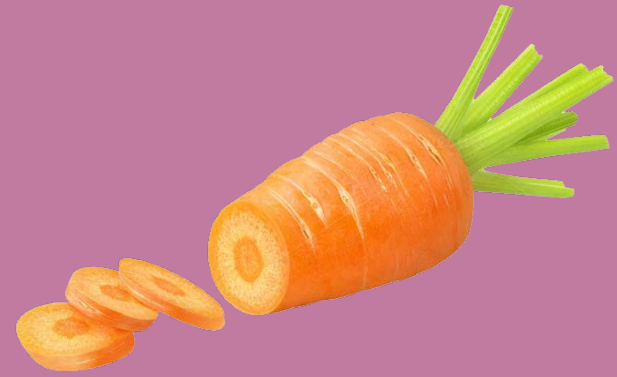
\$2.34

Cabbage Green Organic
1 ea | \$2.34 / ea



Ideas for Using This Produce:

- ★ Roasted carrots, onions and fennel -> Cut in big chunks, place in a Pyrex dish, season with $\frac{1}{2}$ tsp onion powder, $\frac{1}{4}$ tsp garam masala, $\frac{1}{2}$ tsp garlic powder, salt, and fresh ground nutmeg. Drizzle w/ olive oil. Place in the oven at 350 degrees. After ~ 30 min, pour over the veggies a mixture of 1 Tbsp maple syrup w/ 1 Tbsp balsamic vinegar. Toss to coat. Drizzle a little extra maple syrup + an extra sprinkle of garam masala on top, and place in over for ~15-20 minutes more.
- ★ Roasted cabbage, onions, and potatoes -> Cut each into larger pieces, place in a Pyrex dish. Season with onion powder, garlic powder, salt and Chinese 5 spice. Drizzle with olive oil. Place in oven at 350. Cook x 30 min. Mix 2 Tbsp apple cider vinegar w/ 2 Tbsp maple syrup and 2 tsp balsamic vinegar. Pour over veggies, toss to coat, and place in over for ~15-20 more minutes.



Ideas Continued:

Coleslaw with Fresh Dill

Adapted from *Fairway Market*
Serves 6

2 tablespoon chopped **fresh dill**
1/2 head **white cabbage** {thinly sliced}
1/2 head **red cabbage** {thinly sliced}
1 cup shredded **carrots**
1 cup **mayonnaise**
1/4 cup **sugar**
1/3 cup **cider vinegar**
kosher salt & freshly ground black pepper {to taste}

Combine the cabbage, carrots and dill in a mixing bowl; toss well. In a separate mixing bowl, whisk together the mayonnaise, sugar and vinegar. Pour the dressing over the slaw and toss to evenly combine. Season with salt and pepper, to taste. If possible, let the slaw sit for 15 minutes before serving.



When options are limited due to affordability, they can result in dietary boredom.

Seasonings are the answer! You don't have to have a huge spice rack, these seasoning mixes give you plenty of options to switch up flavors at a low cost.



YOU WILL NEED

- 1 pkg. Riega® Seasoning
- 1 tbs. oil
- 2 lbs (boneless) pork, cut into half inch pieces
- 1 (20 oz) can crushed pineapple

DIRECTIONS

1. Warm oil in skillet.
2. Add pork and stir until lightly browned.
3. Add Riega® Seasoning, pineapple and stir for 1 minute.
4. Set + and Enjoy!

SEVILLA, TORTILLAS + TOP WITH LIME, ONION & CILANTRO.

PURE • SIMPLE • CLEAN

FREE FROM GLUTEN, FILLERS AND PROCESSING AIDS
PRODUCT MAY CLUMP

GROWN WITHOUT USE OF GENETICALLY ENGINEERED PRODUCTS

Nutrition Facts

9 servings per container
Serving size 1 1/2 tsp (2g)
Amount per serving

Calories	5
<small>% Daily Value*</small>	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 350 mg	15%
Total Carbohydrates 1 g	0%
Dietary Fiber 0 g	0%
Total Sugars 0 g	0%
Includes 0 g Added Sugars	0%
Protein 0 g	
Vitamin D 0mcg	0%
Potassium 22mg	0%
Calcium 8mg	2%

*Percent Daily Values are based on a diet of other people's secrets.

Ingredients: Sea Salt, Organic Annatto, Organic Chili, Organic Garlic, Organic Onion, Organic Cumin, Organic Oregano, Organic Thyme, Organic Black Pepper

Made in USA
Riega® Foods, LLC Kansas City, MO
www.RiegaFoods.com

Certified Organic by QAI
Certified Kosher


RF 4037
53072 00272 4



These packets go for ~\$1.79 each, which can be much cheaper than buying multiple full bottles of spices which can range from ~\$5-8 each.


Most Important!


The most money is lost when produce (and really any fresh food purchased) goes bad. Freezing pre-cooked veggies, or buying them frozen is a great way to preserve your investment.



☰+


\$2.69

 Nature's Promise Organic
Green Beans Whole Frozen
16 oz bag | \$0.17 / oz



☰+

\$2.69

 Nature's Promise Organic
Green Beans Whole Frozen
16 oz bag | \$0.17 / oz

Making Sure Your Have The Right Tools:



Share

Libbey Small Glass Bowls with Lids, 6.25 ounce, Set of 8, Clear, 3.45-inch -

[Visit the Libbey Store](#)
★★★★★ 8,062 ratings

\$22³⁹ (\$2.80 / Count)

✓prime
FREE Returns

Get a **\$100 Amazon Gift Card instantly upon approval** for the Amazon Prime Rewards Visa Card. No annual fee. [Open offer](#)



Share

Pyrex Freshlock 10-Piece Airtight Glass Food Storage Container Set with Microban, Non Toxic, BPA-Free Locking Lids with 4 Tabs for Antimicrobial Protection

[Visit the Pyrex Store](#)
★★★★★ 19,064 ratings

Amazon's Choice for "pyrex food storage containers with loc..."

-37% \$25¹⁴ (\$5.03 / Count)

List Price: ~~\$39.99~~

✓prime One-Day
FREE Returns

Lastly, You're More Inclined to Use Your Salad Greens if Your Dressing is Ready



Healthy, store-bought dressings are VERY expensive. Making your own is much cheaper and can be done ahead if you have a good way to store it.

Ideas for Salad Dressing Recipes:

Kale Salad with Basil Vinaigrette (Adapted from Food and Wine recipe)

- ½ c + 2 Tbsp Olive Oil
- 3 ½ Tbsp Apple Cider Vinegar
- 3 Cloves of Garlic
- ½ tsp Red Pepper Flakes
- 1 tsp Salt
- 1 tsp Fresh Ground Black Pepper
- 1 tsp Dried Oregano
- 1 tsp Dried Basil
- 1 ½ Fennel Stalks w/ Fronds, Sliced
- ¼ Sweet Onion Chopped
- 1 c Fresh Basil Leaves, packed

Instructions: Add ingredients to blender. Blend until smooth. Prepare salad w/ chopped kale and romaine, tomatoes, cucumber, and onion. Pour dressing over salad and toss to coat.

Italian Dressing

- ¼ c Apple Cider or Rice Wine Vinegar
- ½ c Olive Oil
- ½ tsp Garlic Powder
- ¼ tsp Onion Powder
- ½ tsp Black Pepper
- ¼ tsp Salt
- ¼ tsp Dried Oregano
- ¼ tsp Dried Basil
- Pinch of Red Pepper Flakes

Combine all ingredients in a bottle or bowl and shake or whisk to combine. Pour over salad.

Caesar-Like Salad Dressing

- Makes approximately ½ cup
- 2 Tbsp Full-fat (Whole Milk) Plain Greek Yogurt
- 1 Tbsp unsalted Sunflower Seeds Kernels
- 1 Garlic Clove Chopped
- 1 tsp Dijon mustard
- 1 tsp Rice Wine Vinegar
- 1 Tbsp Olive Oil
- Salt and Black Pepper to Taste

Combine all ingredients in a bowl and whisk to combine. Pour over salad, and toss.

Balsamic Vinaigrette

- ¼ c Balsamic Vinegar
- ½ c Olive Oil
- 1 tsp Honey
- 1 tsp Dijon Mustard
- 1 clove Garlic Chopped
- ½ tsp Fresh Minced Onion
- ½ tsp Garlic Powder
- ¼ tsp Onion Powder
- ½ tsp Black Pepper
- ¼ tsp Salt
- ½ tsp Dried Oregano
- ¼ tsp Dried Basil
- Pinch of Red Pepper Flakes

Combine all ingredients in a bottle or bowl and shake or whisk to combine. Pour over salad.



What Might You Want to Splurge On?

- ★ High Quality Meat/ Poultry/ Fish/ Eggs
- ★ Purchasing products in glass as opposed to plastic or cans - especially if they are high in fat or acidic (ex. Mayonnaise, tomato sauce/ puree, juices).
- ★ Wheat Products



For High-Quality Meat/Poultry, Buy When On Sale and Freeze

- ★ Also, go for cheaper cuts of meat/ poultry -> ex. Chicken wings, legs, and thighs. They are very nutritious and the bones can be used for broth/stock.



How long can you freeze chicken?

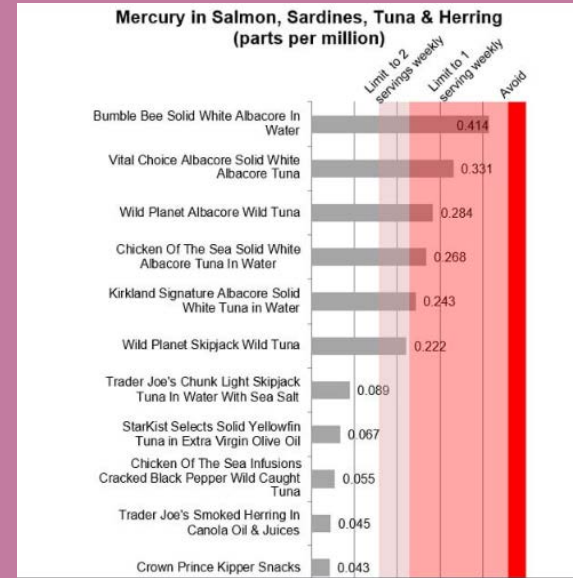
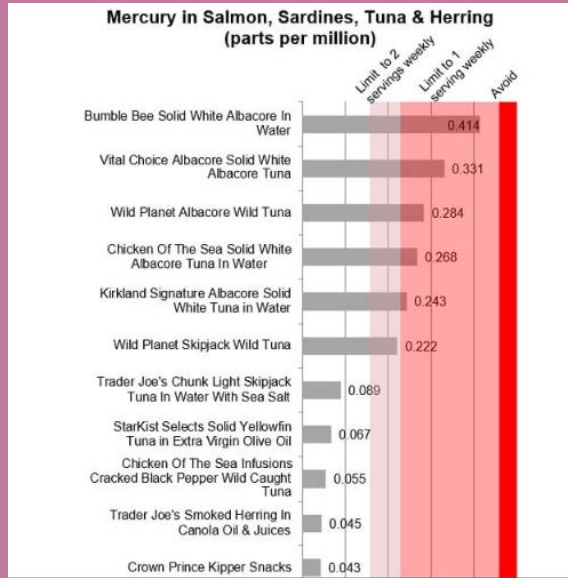
Jun 22, 2022

KNOWLEDGE ARTICLE

If kept frozen continuously, chicken will be safe indefinitely, so after freezing, it's not important if any package dates expire. For best quality, taste and texture, keep whole raw chicken in the freezer up to one year; parts, 9 months; and giblets or ground chicken, 3 to 4 months. Cooked chicken will taste best if kept frozen up to 4 months; cooked poultry casseroles or pieces covered with broth or gravy, 6 months; and chicken nuggets or patties, 1 to 3 months. For more information about the safe handling of chicken, see [Chicken from Farm to Table](#).

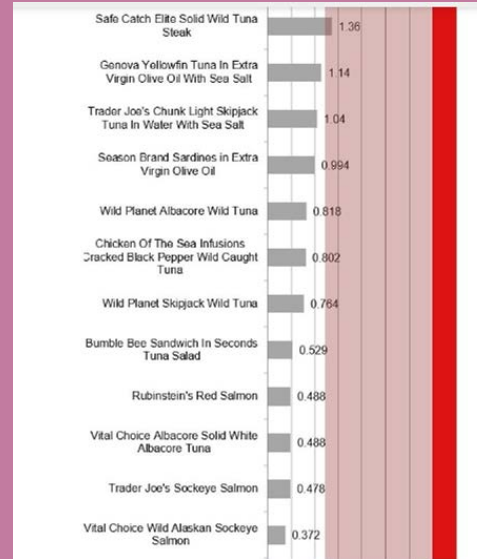
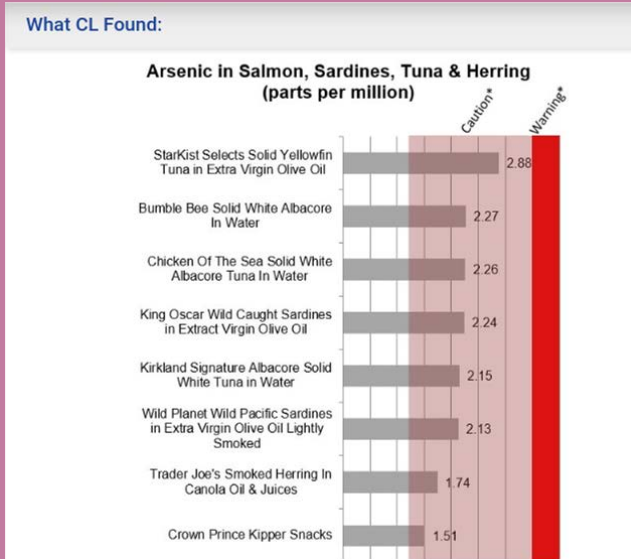
From: ask.USDA.gov

Price Doesn't Always Equal Quality:



Having a membership to something like Consumerlabs can help you make informed decisions about whether spending the extra money is worth it.

Price Doesn't Always Equal Quality, Continued...



Here, we can see that for both mercury and arsenic Seasons sardines have less of both than the more expensive Wild Planet.

Another Cost Saving Protein Option - Collagen



Supplement Facts		
Serving Size: 2 Scoops (12 g)		
Servings Per Container: 38		
	Amount Per Serving	% Daily Value
Calories	45	
Protein	11 g	0%
Sodium	35 mg	2%
Collagen Peptides (from bovine)	12 g	**
*Not a significant source of protein		
**Daily Value not established.		
Ingredients: Bovine Collagen Peptides		

If this collagen powder costs \$25...given there are 38 servings per container, that means, each 12 g serving of protein is only \$0.66, which makes it a great, affordable protein option.

Lastly, Don't Be Afraid of Pork

It's often a cheaper option, is healthy as well.

Dietary Approaches to Stop Hypertension diet retains effectiveness to reduce blood pressure when lean pork is substituted for chicken and fish as the predominant source of protein¹⁻³

R Drew Sayer,⁴ Amy J Wright,⁴ Ningning Chen,⁵ and Wayne W Campbell^{4}*

Departments of ⁴Nutrition Science and ⁵Statistics, Purdue University, West Lafayette, IN

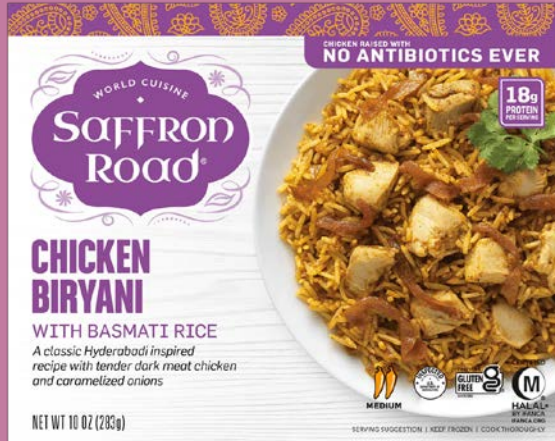
Results: Preintervention manual BP (DASH-P: 130/84 ± 2/1 mm Hg; DASH-CF: 129/84 ± 2/1 mg Hg) and postintervention manual BP (DASH-P: 122/79 ± 2/1 mm Hg; DASH-CF: 123/78 ± 3/1) were not different between the DASH-P and DASH-CF. Consumption of these DASH-style diets for 6 wk reduced all measures of BP ($P < 0.05$) with no differences in responses between the DASH-CF and DASH-P.

Conclusion: The results indicate that adults with elevated BP may effectively incorporate lean pork into a DASH-style diet for BP reduction. This trial was registered at clinicaltrials.gov as NCT01696097. *Am J Clin Nutr* 2015;102:302-8.



Pork tenderloin would be your leanest cut of pork.

Healthy, Affordable Pre-Packaged Meals



Ingredients : Basmati Rice (Water, Rice), Boneless Dark Meat Chicken, Onions, Water, Lowfat Yogurt (Whole Milk, Nonfat Milk, Cultures), Tomato Puree. Contains 2% or Less of: Expeller Pressed Sunflower Oil, Garlic, Ginger, Spices, Sea Salt, Native Rice Starch, Chicken Broth Concentrate, Turmeric, Unsalted Butter, Red Chili Peppers, Fenugreek Leaves, Paprika.



Fast Food is Quicker and Cheaper...NOT!



1 Big Mac ~\$5.81

Takeaways

- ★ Don't be focused on eating EVERY fruit/vegetable; having some in regular rotation is good.
- ★ Shop smartly -> look at prices online and compare to in store. Always check the price per ounce.
- ★ Buy when on sale and freeze.
- ★ Don't let food go bad. Cook and freeze, freeze, freeze.

