

Shop Smart, Eat Smart!

How to deal with produce prices at the supermarket and restaurants:

If you are making a salad at home:

✓ Change your recipe to include more seasonally appropriate fruits (apples, pears, citrus) instead of all vegetables



✓ Remove:

Cucumbers
Red peppers
Zucchini and Summer Squash



Add:

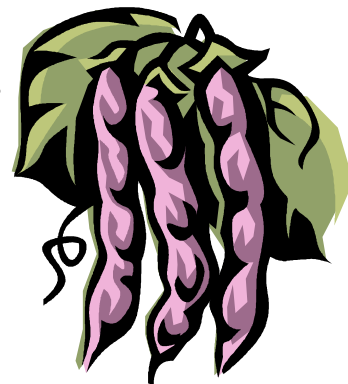
Plum tomatoes
Beans
Legumes
Canned olives
Beets
Canned peppers
Pickled items
Frozen snap peas or corn
Green leaf lettuce
Iceberg lettuce
White and red cabbage
New potatoes

If you are dining out, these products will be most expensive:

Whole tomatoes
Grape and cherry tomatoes
Zucchini
Summer squash
Mesclun salad mix
Spring salad mix

These products will be less expensive (because they have little to no produce added):

Bean salads
Potato salads
Coleslaws
Grain salads
Fruit salads



Got questions? Ask the Dietitian! Katherine Boyce, MS, RD, CDE
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