

# Eat Smart at Wal-Mart: Healthy Eating on a Budget

Wal-Mart is always a popular place to shop because of their great deals, but while you are focused on your financial budget, be sure to keep focused on your health budget! Stick with best choices in your food group categories, and stick to both budgets!

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## Meat/Meat Substitute

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### Large Cooked Shrimp: Peeled and Deveined with Tail On (14 oz bag/41-60 shrimp per pound, 4.6 - 3 oz servings)

It is usually cheapest to get your shrimp fresh and peel yourself, but if you want a quick and cheap option that are ready to thaw and eat, try these! Try over salad greens, dipped in low carb ketchup mixed with horseradish, or add to thick stews and other meals. A 3 ounce serving has only 77 calories, 1 gram of fat, and 17 grams of protein!



### Cargill Extra Lean Ground Beef (96/4)(1 lb)

Often, the reason you don't choose the extra lean ground beef is price. Fortunately at Wal-Mart, they offer a 96% lean (so only 4% fat), ground beef for homemade burgers, meat sauce, Mexican food and anything else! A 2 ounce portion has only 75 calories, 2.25 grams of fat, and 12 grams of protein!



### Shady Brook Farms Extra Lean Ground Breast of Turkey (99/1)(1 lb)

Ground BREAST meat is a perfect EXTRA LEAN source of protein, and most people tolerate ground poultry well. In a 2 ounce portion, this has only 60 calories, 0.75 grams of fat, and 13 grams of protein! Be sure you are choosing the 99% lean since they also offer 93/7, 90/10, and 85/15, which are not so lean (lean = low in fat/calories). Check out the website: <http://www.jennio.com/howto/default.aspx> for great 'how to' videos, recipes, and more.



### Hillshire Farm Deli Select Ultra Thin Oven Roasted Turkey Breast Deli Meat (9 oz container)

Many other deli meats are good choices, but this is a nice thin one and often is on sale! The ham and roast beef are good options too, and there are a few reduced sodium deli meats which reduce sodium from 620 mg to 450 mg for a 2 oz portion (just watch out for the 'honey roasted' versions). For 6 thin slices (or 2 oz), you get 50 calories, 0.5 grams of fat, and 9 grams of protein! Skip *Lunchables* and make your own with this lean meat and low fat cheese.



### Cabot 75% Reduced Fat Sharp Cheddar Cheese (8 oz block)

This is a Wal-Mart Staple! You can't beat the price for a 1% cheese that melts! The packaging helps you portion control too – look on the side for tick marks for a 1 ounce portion which provides only 60 calories, 2.5 grams of fat and 9 grams of protein! There are also 50% reduced fat versions.



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### **Tyson Grilled & Ready Fully Cooked Chicken Breast Strips (22 oz/ 1.4 lb bag)**

Not all Chicken Strips are created equal; any with breading are typically fried before they get to you (even if you only bake them)... so thankfully Tyson has come out with some grilled chicken strips for those who are pressed for time. Look for 'grilled & ready' never 'crispy' and you will look forward to a 2 ounce portion with 67 calories, 1 gram of fat, and 14 grams of protein! Try it over salad greens or dipped in mustard or hot sauce!



### **Tilapia Fillets (1 lb/16 oz bag, 4 – 4 oz fillets)**

Tilapia is a great mild white fish for people who don't love fish! Try these individually vacuum sealed, boneless, skinless, frozen filets cooked in a foil pouch in lemon juice or broth for a lean tasty dinner. A 2 ounce portion (1/2 of a fillet) gives you 50 calories, 1.25 grams of fat, and 10 grams of protein! Pair with some fresh, frozen, or canned veggies and enjoy! Beware of some of *Gortons'* tilapia filets that are cooked with extra butter or breaded.

### **Great Value Dried Pinto Beans (32 oz bag, 26 – ½ cup portions)**

Literally the world's cheapest food! Dried beans are a great fat free protein source with lots of fiber too (protein + fiber = feeling fuller longer), and are a great choice when watching your wallet (and waist). Soak overnight and boil in a clean batch of water. Pintos are great mashed with lowfat cheese and salsa or on salads. A ½ cup serving has 90 calories, 0 g fat, 7 grams of protein and 5 grams of fiber!



### **Starkist Chunk Light Tuna in Water Pouch (2.6 oz pouch)**

Tuna is a great way to pack a protein punch in your lunch! Each 2.6 ounce pouch can be easily stored and if you mix with a dollop of fat free mayo (or try plain Greek yogurt), it makes a great fast, easy, and cheap lunch! For under a dollar you get 80 calories, 0.5 grams of fat, and 18 grams of protein! Try it with sliced cucumbers or carrot 'chips', and ditch the crackers! Be careful of pouches in oil and those with flavors that might use added sugar. *Bumble Bee* and *Chicken of the Sea* make other great pouches or Tuna and Salmon Cups to try.

### **Egg Beaters 100% Liquid Egg Whites (16 oz/10 servings)**

Whole eggs are great and egg beaters are too, but the egg whites in the carton are one of the lowest calorie protein sources ever! Also if you buy whole eggs and throw away yolks, this is a cheaper option for you. In 3 Tablespoons (a little less than ¼ cup), you get only 25 calories, 0 grams of fat, and 5 grams of protein! Try pouring ½ cup in a mug and cooking for 90 seconds in the microwave and topping with some salsa for a yummy breakfast alternative.



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## Milk/Dairy

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### **Oikos Organic 0% Fat Plain Greek Yogurt (16 oz container)**

Thankfully Greek yogurt has become mainstream and Wal-Mart is carrying a few brands: *Oikos*, *Yoplait*, and *Fage*! The trick here is that you want a PLAIN Greek yogurt that says 0% or NONFAT (no flavors like honey or vanilla; those = sugar). They come in a large 16 ounce container, a personal 6 ounce container, or even a smaller 4 ounce container. A 6 ounce serving contains about 100 calories, 0 g fat, and 17 grams of protein – more than the typical 5 grams in other lowfat yogurts! Your most economical is the large container and portion it out at home and add some fresh berries and a sprinkle of high fiber cereal (like *Fiber One* or *All Bran*). Check out our Greek yogurt handout on the website for ideas on how to taste it!



### **Great Value Light Vanilla Nonfat Yogurt (4- 6 oz containers)**

One of the cheapest 'fast foods' around, this 6 oz yogurt is portion controlled and ready to go! The 6 oz container holds 80 calories, 0 g fat, and 5 grams of protein. Try any of the many new flavors (this is the Wal-Mart version of *Dannon Lite and Fit*).



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## Veggies

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### **Great Value Microwavable Cut Green Beans (4 – 4oz containers)**

This is by far the easiest way I have seen to get in your veggies! Just open the container and microwave the bowl for 30 seconds for your ½ cup serving of veggies for just 20 calories and 2 grams of fiber! Try the diced carrots and stash these at work or in the cabinet for when you just didn't have time to prepare fresh ones.



### **Valley Fresh Steamers Select Broccoli Florets (12 oz)**

The Steamers are great since you just steam in the bag for 4-7 minutes, then eat, so they are super convenient and great for work and home! The bag holds about 4 servings, at 20 calories and 2 grams of fiber per serving, so this is one food group that you can finish without worrying! Try the sugar snap peas or the whole green beans too. Avoid the ones with starches (like rice) or added sauces (which increase the calories).



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## Fruits

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### **Washington Fuji Apples (5 lb/80 oz bag)**

I love this bag for 3 reasons: cheap fruit, lasts awhile, and the apples are the proper size (about 4 ounces)! A small apple has about 65 calories and 3 grams of fiber, and when paired with one of your protein sources like lowfat cheese, is a perfect mini-meal for on the go!



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## Fruits

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### **Great Value Berry Medley (16 oz)**

This is a great way to get more fruit in your diet, no matter what season. Frozen fruit (with no syrup) is a cheap way to have berries that were frozen right after being picked! This raspberry, blueberry, blackberry, and strawberry mixture is chock full of antioxidants and 6 grams of fiber, at only 70 calories per ½ cup portion. Try putting with your yogurt the night before, and the thawing berries help make a nice juicy blend!



## Starches

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### **Quaker Old Fashioned Oats**

Good old fashioned oats, just oats! This is a naturally no-added sugar sodium-free oatmeal that you can spice up with cinnamon or chopped up apple or berries, but at under \$3 for a 30-serving container, you will save money and your waistline! Use ¼ cup dry (for a little over ½ cup cooked) for 75 calories, 1.5 grams of fat, 3 grams of protein, and 2 grams of fiber. You can microwave or cook on the stove.

### **Captain John Derst's Lite Wheat Sliced Bread**

Why waste your calories on bread? Instead of the typical 100 calories per slice of white or wheat bread, try this lower calorie, lighter bread at 40 calories per slice plus 2.5 grams of protein and 2.5 grams of fiber. We are always looking for ways to cut those extra starch servings from your diet, here's a cheap and healthy way to do it! Since this one loaf *should* last you awhile, freeze the rest and toast a piece when you want one!



## Fats

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### **Wish-Bone Balsamic Breeze Vinaigrette Dressing Salad Spritzers (7 fl. oz)**

This is cheap in calories and cost! Dressing has only 1 calorie per spritz (8-10 spritzes/serving), so the bottle should last you for 20-30 servings! This way you get an even coating on your salad greens without blowing your calorie budget! Spritz away with several other flavors!

### **Great Value Whole Natural Almonds (16 oz)**

We are nuts about this deal! Grab this 16 serving bag (1 oz = ¼ cup = 1 serving) and measure out ¼ cup into 16 Ziploc sandwich baggies. Throw them back in the cabinet, your desk or purse, and grab when you are ready for a quick mini meal (this helps prevent you from overdoing it). Pairs nicely with one of those Fuji apples or another piece of fruit.



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## Beverages

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### **Powerade ZERO Mixed Berry 20 oz Sport Drink (8 pack)**

If you like energy drinks without calories, you've come to the right place! This 8 pack is your cheapest way to get hydrated and replace some electrolytes without the sugar of Gatorade or G2. Wal-Mart also offers other no or low calorie, no added sugar, no carbonated drinks like *Vitamin Water Zero* or *Fuze Low Carb*.



### **MiO Liquid Water Enhancer (1.62 oz bottle)**

The newest way to wet your whistle! Mio is sweetened with sucralose (Splenda) and contains no calories but lots of flavor! Try to buy in 3 packs or bundles for your best deal. Flavors include berry pomegranate, fruit punch, mango peach, peach tea, sweet tea, and strawberry watermelon.

