

## List of Inexpensive Healthy Foods

### Bulk Items

- Grains (brown rice is a particularly good option for healthy eating)
- Whole grain flours
- Legumes
- Seeds
- Nuts
- Dried fruits

### Store Brands

- Dairy products
- Soy/nut milks
- Oils
- Sauces
- Canned/frozen goods
- Nut/seed butters
- Jams

### Soy Products

- Tofu
- Tempeh
- Seitan
- Protein enriched veggie burgers

### Other Protein Options

- Cottage Cheese
- Broccoli
- Peanut butter
- Greek yogurt