



Super Foods

Affordable
and Healthy





Red Cabbage, Red Chard



Vitamin A, C,
B6, K, E,
calcium,
magnesium,
potassium &
fiber.



One Serving = 1/2 cup chopped or 1 cup leafy

Steamed, broiled, pan fried, raw

\$0.45-\$0.60 per serving





Spinach

One Serving = 1 cup

\$2.79/bunch or \$0.79/serving

- Dietary Fiber, Protein, Vitamin A, Vitamin C, Vitamin E, Vitamin K, Thiamin, Riboflavin, Vitamin B6, Folate, Calcium, Iron, Magnesium, Phosphorus, Potassium, Copper and Manganese.



- Raw, steamed, boiled





Broccoli

One Serving = 1/2 cup

\$1.79/bunch or
\$0.30/serving



Protein, Thiamin, Niacin, Pantothenic Acid, Calcium, Iron, Selenium, Vitamin A, C, B6, Riboflavin,, Folate, Magnesium, Phosphorus, potassium and manganese.

Raw, steamed





Quinoa

(keen-wah)

One serving = 1/2 cup cooked.

\$5.00/lb or \$0.60/serving

- Complete protein, fiber, iron, magnesium, phosphorus



- 2:1 water:grain .
- Bring to boil, add quinoa, simmer for 15-20min.





Green Tea

One Serving = 8 oz

Numerous antioxidants

Green tea has research supporting claims of lowered blood pressure, helped prevent cancer and osteoporosis, lowered your risk for stroke, promoted heart health, played a probable role in preventing sunlight damage to the skin (such as wrinkles and skin cancer).







Beans



Protein, iron,
fiber, folate,
etc.



One serving = 1/2 cup cooked

\$1.15/lb or \$0.10/serving

Boiled, refried, cold, hot, etc, etc.



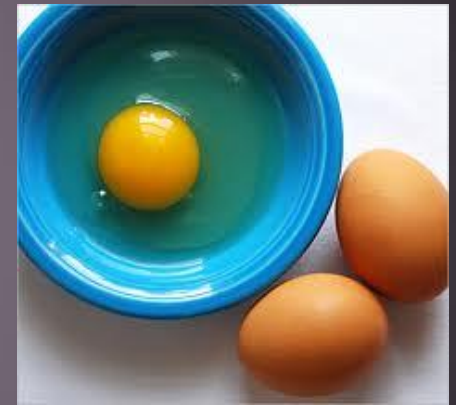


Free-Range Eggs

Omega-3 & 6 fatty acids, protein,
iron, B12, selenium, Vitamin E

One serving = one egg

\$3.49/dozen or \$0.30/egg



Poached, hard-boiled,
baked.



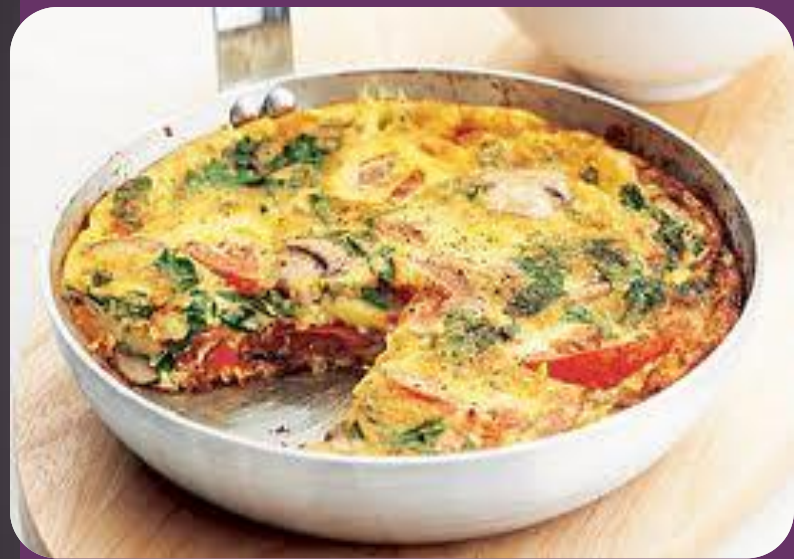
Not all eggs are created equal



“commercial egg”

“free-range” or
“backyard” egg

- 1/3 less cholesterol
- 1/4 less saturated fat
- 2/3 more vitamin A
- 2 times more omega-3 fatty acids
- 3 times more vitamin E
- 7 times more beta carotene





Oranges

One Serving = 1 medium orange.

\$1.00/lb or \$0.50/orange

- Numerous antioxidants, vitamin C, folate, fiber. Calcium in peel.



- Raw





Sweet Potatoes

One Serving = $\frac{1}{2}$ cup cubed

\$1.79/lb or \$0.80/serving

- Fiber, Vitamin B6 and Potassium, Vitamin A, Vitamin C and Manganese.



- Roast



Price Check for 2:

Spinach Feta Pizza and Roasted garlic & grape quinoa salad. Cheese pizza: \$4,
2 cups spinach: \$1.60, 1/4 cup feta: \$1,

1 cup quinoa: \$0.60 , 3 cloves garlic: \$0.75, 3 mint leaves: \$1.50, 1 cup grapes:
\$1.25.

Total = \$11.20

Total Calories = 600/person



- Red Cabbage = \$1.79 or \$0.45/serving
- Red Chard \$1.79/bunch or \$0.60/serving
- Spinach = \$2.79/bunch or \$0.79/serving
- Broccoli = \$1.79/bunch or \$0.30/serving
- Quinoa = \$5.00/lb or \$0.60/serving
- Tea = \$3/box or \$0.15/bag
- Beans = \$1.15/lb or \$0.10/serving
- Eggs = \$0.30/egg
- Oranges \$1.00/lb or \$0.50/orange
- Sweet Potatoes = \$1.79/lb or \$0.80/serving

Higher priced superfoods: kefir, wild game meats, nuts, berries, tomatoes.