



NUTRITION COUNSELING

AT HUDSON VALLEY HOSPITAL CENTER

Living My Life... Healthy!!!

How to Eat Healthy & Save Money—Top 5 Foods

January 2012

USDA's Economic Research Service shows a 6.2% rise in grocery prices from October 2010 through October 2011. This percentage is projected to rise another 3-4% in 2012, making it hard for many of us to keep our grocery budget in check. Ditch cheap fast food for these foods that are inexpensive AND healthy!

1.) Beans

Provide a good source of protein that is low on cost and high in nutrient content. Beans contain high amounts of fiber, zinc, and magnesium. Beans are versatile. They can be used as a main ingredient in soups, salads, chili, etc.

2.) Apples

Offer a significant amount of dietary fiber- which works to slow digestion, keeping you full longer. Apples are locally grown, making them one of the cheaper types of produce (when in season) and their shelf life is better than most other fruits.

3.) Brown rice

Another good source of fiber, providing many nutrients that white rice does not contain. Brown rice is a whole grain, meaning that it remains more intact than white rice during the milling process- leading to more fiber, more calcium, more magnesium, and more potassium.

4.) Sweet potatoes

A great source of carotenoids, a type of phytonutrient (plant chemical) which may improve health through their role as antioxidants and immune boosters. They are a great source of nutrition, and usually very reasonably priced.

5.) Plain yogurt

Cheaper than regular yogurt and is usually sold in larger containers. Plain yogurt (unsweetened) is low in calories and high in calcium. Add fresh fruit for extra sweetness to create a delicious, healthy snack!

Getting good nutrition on a budget is challenging, but worth it. Contact **Nutrition Counseling** for more information! **(914) 734-3022**

Recipe Corner

A delicious and inexpensive chili recipe packed with nutrition!

3 Bean Chili - Serves 8

3/4 c each dried cannelloni, red kidney, & black beans, rinsed, soaked overnight, & drained
4 c water
1 bay leaf
1 1/2 tsp salt (omit salt for low sodium version)
2 large green bell peppers, roasted & seeded
2 large red or yellow bell peppers, roasted & seeded
3 tbsp olive or canola oil
1 yellow onion chopped
4 cloves garlic minced
1 Tbsp chili powder
1 Tbsp dried oregano
2 tsp ground cumin
1/2 tsp red pepper flakes
4 tomatoes, peeled & seeded, then diced
1/3 c chopped fresh cilantro
6 Tbsp shredded Monterey Jack cheese
2 green (spring) onions, including greens, sliced

Directions:

In a large pan over high heat, combine beans, water, bay leaf & 1/2 tsp salt.
Bring to a boil, reduce to low heat, cover & simmer until beans are tender 60-70 mins.
Drain & discard bay leaf.

Chop roasted bell peppers. Set aside.
In a saucepan, heat the oil over medium heat. Add yellow onion & sauté until soft & golden.
Stir in garlic, chili powder, oregano, cumin, red pepper flakes, & remaining salt. Cook 1-2 minutes.
Add bell peppers, cooked beans, tomatoes, cilantro. Cook until heated through, 5-6 minutes.
Serve with cheese & green onions sprinkled on top.

Nutrition Information:

Calories: 300	Sodium: 486mg
Total Fat: 8g	Carbohydrate: 45g
Saturated Fat: 1g	Fiber: 16g
Monounsaturated Fat: 4g	Protein: 16g



Questions or comments? Call (914) 734-3304 or Email nutrition@hvhc.org
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