

# What \$10 Can Buy

Healthy foods do not have to be expensive! Compare these two shopping lists. Which list has healthier food choices? Which list has the best buys?

List #1	
Food	Cost*
1 large bag (20 oz.) potato chips	\$ 4.19
2-liter bottle, cola	\$ 1.49
1 small bag (2.5 oz.) beef jerky	\$ 2.19
1 <i>ensaymada</i> (sweet bread)	\$ 1.50
1 chocolate candy bar	\$ 0.65
<b>Total Cost</b>	<b>\$10.02*</b>

List #2	
Food	Cost*
5 bananas	\$ 1.00
½ pound (0.23 kg) grapes	\$ 1.50
2 red apples	\$ 1.69
1 pound (0.45 kg) bag carrots	\$ 1.00
1 orange	\$ 0.69
1 cucumber	\$ 0.60
2 6-ounce containers low-fat yogurt	\$ 2.00
1 gallon spring water	\$ 1.00
<b>Total Cost</b>	<b>\$ 9.48*</b>

**Make smart choices: Save money, and eat heart healthy!**

\* Costs based on prices in the metropolitan Washington, DC, area.

Source: Adapted from the HHS Office on Women's Health, U.S. Department of Health and Human Services, BodyWorks Toolkit.