

Dr. Drewnowski's Top Ten List for
Healthy Cheap Eats

Milk, low fat
-calcium, Vit D



Yogurt, low fat
-calcium

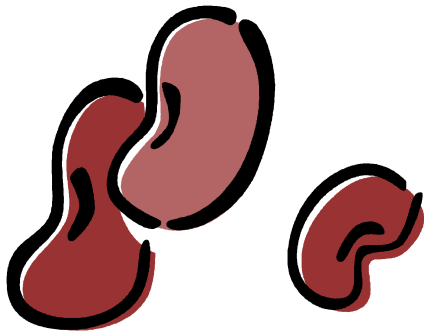


Beans (kidney, chick peas)
-protein, fibre

Ground beef, lean
-protein, iron, Vit B12

Eggs

-protein, iron Vit B12



Carrots

-Vit A, fibre



Apples

-Vit C, fibre

Canned tomatoes

-lycopene

Canned or frozen corn
-you don't have to pay for the cob!



Potatoes

-Vit C, fibre, potassium

