

25 cheap foods rich in nutrients and vitamins you need to know

Balance your daily budget with 25 healthy and nutritious cheap foods!

" *I really want to eat healthy, but it makes me bankrupt.* " This statement sounds familiar, isn't it? If you are an alumni then you will surely understand this feeling. In fact, no one says that eating healthy is paying a lot of money. So balance your daily spending budget with 25 healthy and healthy low-cost foods!

Frozen / canned vegetables

Of course eating fresh and delicious food is the best choice but not everyone's pocket money to buy fresh food. Fortunately, on the market today there are many kinds of canned vegetables and fruits at an affordable price, which can provide adequate vitamins and minerals to help boost energy, health and health. resistance of the body.



1. Duck legumes (spinach)

Spinach (spinach) contains a lot of nutrients, provides vitamins and minerals, protein and a significant amount of anti-aging. However, if you do not like the taste of spinach, you can eat it with sandwiches or omelets and cheeses (*even now you do not realize there are spinach in these dishes*).) .

2. Broccoli

Broccoli is a vegetable that brings many benefits such as reducing the risk of causing cancer and eliminating toxins in the body.

3. Bean beans (bean curd)

Bean beans (bean curd) provide a great amount of vitamin A and work to reduce the aging process on the skin.

4. Carrots

Carrots are not only rabbit food, but carrots are also a great fast food suitable for business meals, and you can also bring them with you when traveling. In addition, it can be creative to make your winter soup more delicious by cutting and slicing carrots.



5. Ngo

Corn is a food rich in lutein and zeaxanthin, both of which are very good for the eyes. Remember to use toothpicks if you directly eat corn on the core.

6. Tomato

Tomato is a food that can give you the healthiest and most energetic skin. The beta-carotene in tomatoes protects the skin from damage, and lycopene helps the skin to be less sensitive to ultraviolet rays (*one of the causes of wrinkles on the skin*).

7. Strawberry

Strawberries are a fruit that can help you own a beautiful, attractive appearance. This berry fruit contains lots of biotin, a B vitamin that stimulates healthy hair and fast growing nails. In addition, ellagic antioxidant acid prevents sagging and sagging problems.



8. Digging

Peach is a delicious fruit that can reduce stomach pain and bring you a happy mood.

9. Banana

Bananas contain 360mg of potassium, potassium is effective in "*controlling heart rate*" should eat bananas very good for health. [9 benefits of eating black bananas]

10. Cherry

Sour cherry is an ideal night food for you. In sour cherries contains melatonin hormone that stimulates sleepiness.



Tip 1

Fresh products are the cheapest if they are bought in the right season, so become smart consumers. Check out the list of the cheapest vegetables and fruits every month and remember to bargain when shopping at farmers' local

markets.

Tip 2

There is no difference between branded vegetables such as Green Giant beans and beans, which are often sold in the stalls where you live. So, don't care about their labels, take care of the local stalls to save money.

The protein



It is not easy at all to calculate how many grams of protein you should eat every day, right? So try to simplify by eating three protein-rich breakfast-lunch-dinner.

11. Eggs

Eggs are the cheapest source of protein you can find. Moreover, a creative chef can make a multitude of dishes from eggs such as stock, boiled or mixed with meat, vegetables, cheese, especially omelette for breakfast. Note that eggs are a great idea for dinner.

12. Canned tuna

Canned tuna is probably the source of the most vitamins but carries the lowest price you can get. Note that canned tuna should not be eaten daily because it contains mercury content, but it will be perfectly fine if you eat alternately with 1 or 2 meat meals.

13. Meat (beef, chicken, turkey .)

Chicken and turkey are the two most reasonably priced meat, but keep an eye on the beef and lamb stall to look for discounts. This is a list of vitamin-rich vegetarian foods in case you don't eat meat, because if you don't eat meat, you need to pay more attention to this list of dishes.



14. Protein powder

Protein powder is a handy protein source that you can take with you if necessary. Buy a large amount of protein to save money and choose a trusted brand like Optimum Nutrition.

15. Fresh cheese

Each fresh cheese diet contains 23 grams of protein, plus 18% of the calcium you should provide daily to help strengthen bones and reduce the risk of injury.

Tip 3

Meat is a fairly expensive food, so check the local advertising information carefully to buy the best meat. Perform this test from 1 to 2 times a week if necessary to save costs.

Fat



Butter provides 39% of the recommended daily intake of fiber. Moreover, avocados are capable of preventing unwanted infections according to health studies around the world.

Tip 4

Put a plastic bag of nuts in the bag or in case of hunger in the afternoon. This will help you fight the cravings in the afternoon with a healthy, high-fat food that dispels hunger until dinner time.

Starch



Although Dr. Atkins once said that starch is not a devil, eating too much of anything - starch, fat, protein or even fruit - leads to weight gain. From now on, eat a starch meal according to the list below during all meals.

21. Rice

Rice, whether whole grain or not, is a cheap and best ingredient that is always available in your kitchen. You need to read an essay about the pros and cons of cracked rice compared to white rice to better understand them.

22. Beans / beans

Beans are a source of starches and proteins that you can add to soups, salads or sauces. The nutritional value of beans varies by type, so compare brands in the counter to find the best option for yourself.

23. Oatmeal

Oatmeal is a slow digestible starch, it exists in the stomach long after being consumed. This helps you control your cravings because you will feel fuller longer.

24. Potatoes

Potatoes are like oatmeal, a complex starch that slows down digestion and reduces the daily diet.

25. Popcorn

Instead of sipping candy when watching a movie, you can choose natural popcorn, a fiber-rich food and surprising amount of antioxidants.



Tip 5

There are many fried dishes that can be cooked with rice, meat, vegetables or combine two things together. If you need suggestions, check out the other stir fry recipes. Oatmeal is another kind of food, can be processed in many different ways, so take a look at the oatmeal recipe if you want to have a delicious and interesting breakfast.

Proper nutrition: Best results

The best way to ensure proper nutrition is to eat as many cheap and healthy foods as listed above. To help you stay on track, we recommend starting:

1. There is at least one vegetable and one fruit in the meal (*over 3 meals a day*). Aim to eat vegetables and fruits in rainbow colors because different colors often contain different vitamins and minerals. Eat enough protein for each meal (*maybe 2 eggs, canned tuna, 1.7 - 2.2 lumps of meat*).
2. Fat makes you feel full and full of energy, so start the day with a fat and protein-rich breakfast. This is important because you are often hungry at work or eat unhealthy snacks at work. Omelette, bacon and cheese cooked with olive oil, served with chopped tomatoes and succulent fruits and some nuts will be a perfect choice.
3. The more active you are, the more starch you need. Eat more starch on exercise days and eat less on the remaining days. In other words, you can eat a whole bowl of pasta but exercise a lot on that day if possible.
4. Track results by measuring your waist once a week and taking photos of the process once a month. If it went in the right direction? Great! You do not need to change anything in your daily diet anymore.

5. If going astray? First of all, do not rush to automatically conclude that you have to eat less, because many people have taken a slimming diet (*especially women*) and have insufficient diet for the body. Join the online support community like Fitocracy.com or Nerd Fitness message boards to get help from experienced people and people who are always ready to help you.

Hopefully this article will help you buy 25 cheap foods rich in these healthy vitamins and nutrients that will fit your budget. If you have any health advice that doesn't cost you much money, please share it with us. If you want to optimize your brain's ability to have effective working days, please refer to the article: 11 ways to train your brain to work more effectively!

Refer to some more articles:

1. 16 great benefits from lemon you may not know yet
2. 10 great benefits from eating 3 bananas a day
3. 9 types of foods that help you improve your mood quickly

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