



Ask the Expert: What are some tips for buying inexpensive but nutrient-packed food?



Written by Agustina Fainguersch, Purdue University Nutrition Science and Nutrition and Dietetics, 2023

Eating a nutrient-packed or “nutrient-dense” diet may feel challenging when many foods that are marketed to be “healthy” seem to be more expensive. But eating a nutritious diet on a budget is possible. There are many ways to save money while still eating healthy foods that are convenient and fit your taste.

- Look for canned and frozen fruits and vegetables: Canned and frozen fruits and vegetables are processed just hours after harvest and have similar nutrients and flavor compared to fresh fruits and vegetables. The canning or freezing process may actually help to preserve some nutrients that would be lost otherwise. Canned and frozen produce are less expensive and might also be easier to use than fresh produce, because they often come pre-chopped and with easy cooking instructions that make them a great addition to any meal! Canning and freezing also makes it possible to eat vegetables and fruits at any season of the year, making their nutrients available at any time. Be aware of added sugar or sodium in these canned or frozen products. Look for low or reduced sodium options in vegetables. For canned fruits, choose those canned in water or light syrup.
- Make a budget and stick to it. Decide how much you are able to spend on food every week and plan out spending before you go to the store.
- Look at local ads to find weekly items on sale. From these ads, try to plan how these discounted foods can be made into meals. However, it's important to only use coupons for items that you would already buy anyway, instead of buying them just because they are on sale.
- Choose products with expiration or best buy dates the farthest into the future to avoid buying products that might expire before you get the chance to use them. Buying in bulk can be useful, but only if the food is actually eaten before going bad.
- Consider purchasing store brands rather than name brands, because they are typically less expensive. A little extra searching could save a lot of money!
- Check the unit prices. On the shelf where the price is, there will also be a small sticker with unit prices, which give you the price per pound or ounce of an item. This will give you a better idea of which products are actually cheaper when foods are packaged in different sizes.
- For more information on how to eat healthy on a budget, visit www.myplate.gov/eat-healthy/healthy-eating-budget

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Food Safety: Preventing a Salmonella Infection

Written by Sophie Mortensen, Purdue University Food Science, Class of 2024

What is Salmonella?

Salmonella is a bacteria that can cause foodborne illness.

What can you get Salmonella from?

Salmonella can be found in many types of foods, such as sprouts and other vegetables, eggs, chicken, pork, fruits, and even foods like nut butters and frozen chicken meals. Not only can it be found in food, but Salmonella can also be spread from animals to people and from people to people.

How can you prevent getting Salmonella?

Be sure to wash your hands with warm soapy water for 20 seconds after contact with animals or with their food, water, poop, toys, or bowls. And make sure to keep an eye on little ones when they are around animals! Children should wash their hands after playing with animals. Children younger than 5 are much more likely to develop a more serious illness compared with older children.

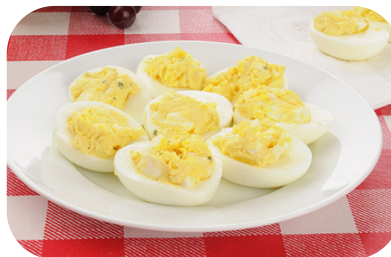
Salmonella grows quickly in unrefrigerated conditions, so with the holidays coming up, make sure to refrigerate or freeze foods that may spoil or go bad quickly, prepared foods, and leftovers within 2 hours! If you have a Salmonella infection, make sure you do not prepare food or drinks for other people until you no longer have symptoms like diarrhea.

Source: <https://www.cdc.gov/salmonella/general/prevention.html>

Deviled Eggs

Directions

1. Hard boil eggs by placing them in a saucepan, covering with water and heating the water to boiling.
2. Reduce heat to simmer; cook for 15 minutes.
3. Immediately rinse under cold water to stop cooking and to make it easy to peel off shells. Refrigerate peeled eggs (without shells) until ready for use.
4. Slice eggs into halves lengthwise. Remove yellow yolks and save whites.
5. Place yolks in a one quart zip lock style bag along with the remaining ingredients (except the egg whites). Press out air.
6. Close bag and knead (mash together) until ingredients are well-blended. (Note: you could also put yolks in a bowl with other ingredients [except the egg whites], and mix together well until they look like a paste).
7. Push contents toward one corner of the bag. Cut about 1/2 inch off the corner of the bag. Squeezing the bag gently, fill reserved egg white hollows with the yolk mixture. (Note if you used a bowl, you can spoon the yolk mixture into the egg whites).
8. Chill to blend flavors. Enjoy!



Ingredients (6 servings)

- 6 eggs* (large, hard boiled and peeled)
- 1/4 cup mayonnaise
- 1/8 tsp salt
- 1/8 tsp pepper

Nutrition Facts (per serving)

Calories: 134

Protein: 6g

Carbs: 0g

Fat: 5g

***foods included in the TEFAP
(The Emergency Food Assistance
Program)**

Sources: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/deviled-eggs>

Eating Right: All About Eggs and Economy

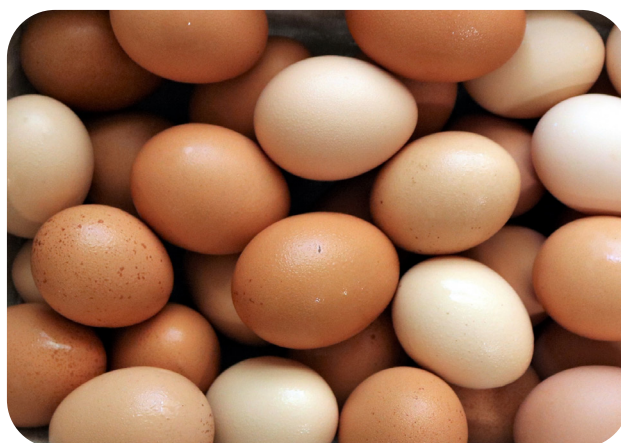
Written by Mark Naguib; Purdue University Kinesiology '24

Eggs are a traditional breakfast food in the U.S. But why is it so good to include eggs in the first meal of the day? Eggs are full of vitamins and nutrients. Eggs are a great source of protein, choline, omega-3 fatty acids, and Vitamin A.

The protein in eggs help your body build muscle. Choline, which is found in eggs, helps your brain remember things and keep your mood balanced. Choline is most important for those who are pregnant or elderly. Omega-3 fatty acids are also important for brain health. Infancy and childhood are special times when a diet rich in omega-3 fatty acids will help brain development. Vitamin A is very good for eyes, it helps you see in the dark and keeps eyes healthy.

Eggs can be cooked many different ways, and they can be combined and eaten with a many kinds of foods as well. Eggs can be made into omeletes, sandwiches, or desserts. Omeletes are a great breakfast option because each person can add their own favorite vegetables and toppings to fit their taste.

Eggs are extremely economical and inexpensive. For example, the average cost of one egg is 59 cents and the average cost for 12 eggs is about \$2. Eggs are widely available to buy, and they are simple to add to your diet.



Sources: <https://fdc.nal.usda.gov/fdc-app.html#/food-details/171287/nutrients>,
<https://www.publicdomainpictures.net/en/view-image.php?image=363943&picture=farm-fresh-eggs-close-up>, ce:
<https://www.hsph.harvard.edu/nutritionsource/foodfeatures/eggs/>
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This newsletter is edited by Adina Miller and Heather A. Eicher-Miller, PhD and is created by the Eicher-Miller Lab in the Department of Nutrition Science at Purdue University. This institution is an equal opportunity provider.

In The News: Worldwide Food Service Safety Month

Written by Kaitlan Tracy, Purdue University Nutrition and Dietetics '23

Meals bring families and friends together during the holidays. With the holiday season approaching, it is important to remember how to **safely** serve food to family, friends, and guests. Celebrate Food Service Safety Month and remember these tips when serving food this holiday season to reduce the risk of foodborne illness:

- Wash your hands with soap and water frequently
- Keep foods separated when preparing and serving to avoid contamination
- Cook food well and use a food thermometer to ensure a safe internal temperature
- Properly store perishable food within 2 hours of being served to avoid growth of bacteria
- Avoid thawing foods on a counter at room temperature (chill instead)
- Avoid serving raw dough or batter in desserts

For more information on food safety, follow this link:
<https://www.cdc.gov/foodsafety/index.html>

