Budget-Friendly Protein Sources

PROTEIN	AVERAGE PRICE*
 Frozen raw chicken	$9.40
 Canned or packed chicken	$1.30
 90% lean ground beef	$6.20
 Ground turkey	$4.55
 Pork center loin chops (choose a lean cut)	$5.90
 Canned chunk light tuna (lowest in mercury)	$1.20
Tilapia	$2.90

PROTEIN	AVERAGE PRICE*
 Frozen salmon	$6.25
 Beans	$1.30
 Lentils	$2
 Low-fat cottage cheese	$3.90
 Low-fat Greek yogurt	$3.60
 Meatless crumbles	$4.40
Tofu	$2.80

* Prices are averages only and will vary by retailer.

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT