



Smart Snacking by the Numbers

Many people think that fruits and vegetables are too expensive and that conventional snack foods are more affordable. Think again! Below are the cost and calories per snack-size serving for 20 fruits and veggies and 20 conventional snack foods. Healthy snacking!



Fruit/Vegetable*	Cost	Calories
Apples	36¢	77
Applesauce, jarred	22¢	100
Bananas	18¢	102
Broccoli florets	18¢	12
Cantaloupe	38¢	33
Carrots, baby	19¢	22
Celery	16¢	10
Fruit cocktail, canned	31¢	71
Grapes	32¢	59
Oranges, navel	20¢	53
Peaches, canned	31¢	68
Pineapple, canned	26¢	75
Plum	25¢	38
Raisins	19¢	109
Red peppers	60¢	23
Strawberries	41¢	27
Sweet potatoes, cooked	33¢	90
Tangerines	51¢	72
Tomatoes, grape/cherry	55¢	16
Watermelon	25¢	74

Conventional Snack	Cost	Calories
Chocolate candy	24¢	262
Cookies	16¢	123
Corn chips	21¢	140
Crackers	16¢	114
Cupcakes	34¢	174
Danish	47¢	271
Donuts	36¢	235
Fruit rolls	28¢	82
Graham crackers	14¢	102
Granola bars	30¢	119
Ice cream	39¢	196
Muffins	83¢	369
Pizza, from frozen	63¢	252
Popsicles and bars	34¢	80
Potato chips	27¢	169
Pretzels	25¢	168
Pudding, ready-to-eat	38¢	152
Sandwich crackers	20¢	183
Toaster pastries	35¢	299
Tortilla chips	21¢	161

*A snack-size serving or portion is 1/2 cup or one small piece of whole fruit. Source: USDA Economic Research Service.



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