CHOOSE THE FOODS THAT FUEL YOUR FAMILY BEST

### FRESH PRODUCE
- **WHOLE FRUITS**
  - Apples
  - Bananas
  - Grapes
  - Melons
  - Oranges

- **DARK-GREEN VEGGIES**
  - Broccoli
  - Spinach
  - Greens

- **ORANGE VEGGIES**
  - Bell Peppers
  - Carrots
  - Sweet Potatoes

- **OTHER VEGGIES**
  - Asparagus
  - Garlic
  - Green Beans
  - Onions

### CEREAL & BREADS
- **Oatmeal**
- **Cereal 7g Sugar or Less**
- **Bread 140mg or Less Sodium**
- **Pitas**
- **Tortillas**

### PROTEIN
- **Chicken Breast**
- **Eggs**
- **Fish**
- **Lean (90/10) Beef**
- **Pork Loin**
- **Tofu**
- **Turkey**

### FROZEN FOODS
- **Fruit No Added Sugar**
- **Meals**
- **Potatoes**
- **Veggies No Added Sauce**

### CANNED GOODS
- **Beans No Salt Added**
- **Fruit In 100% Juice**
- **Soup 140mg or Less Sodium**
- **Tomato Juice**
- **Tuna In Water**
- **Veggies No Salt Added**

### SNACKS
- **Baked Chips**
- **Dried Fruit**
- **Popcorn**
- **Unsalted Nuts**
- **Unsweetened Applesauce**
- **Whole-Grain Crackers**

### BEVERAGES
- **100% Juice**
- **Coffee**
- **Tea**
- **Water**

### SAUCES, OILS, & SPICES
- **Spaghetti Sauce**
- **Vegetable/Canola Oil**
- **Olive Oil**
- **Vinegar**
- **Garlic Powder**
- **Pepper**
- **Oregano**
- **Paprika**

### DAIRY
- **Low-Fat Cheese**
- **Skim or 1% milk**
- **Low-Fat Yogurt**
- **100% Whole Wheat or 100% Whole Grain**

### NON-FOOD ITEMS
- **Batteries**
- **Detergent**
- **Garbage Bags**
- **Light Bulbs**
- **Paper Towels**
- **Plastic Bags**
- **Shampoo/Conditioner**
- **Soap**
- **Tissues**
- **Toilet Paper**
- **Toothpaste**

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- **Choose 100% Whole Wheat or 100% Whole Grain**

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- **UNLESS**
- **INDICATED**

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- **NEBRASKA**
CHOOSE THE FOODS THAT FUEL YOUR FAMILY BEST

**FRESH PRODUCE**

- **WHOLE FRUITS**
  - Apples
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- **DARK-GREEN VEGGIES**
  - Broccoli
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- **ORANGE VEGGIES**
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  - Carrots
  - Sweet Potatoes

- **OTHER VEGGIES**
  - Asparagus
  - Garlic
  - Green Beans
  - Onions

- **SNACKS**
  - Baked Chips
  - Dried Fruit
  - Popcorn
  - Unsalted Nuts
  - Unsweetened Applesauce
  - Whole-Grain Crackers

- **BEVERAGES**
  - 100% Juice
  - Coffee
  - Tea
  - Water

**CEREAL & BREADS**

- Oatmeal
- Cereal 7g Sugar or Less
- % Whole Wheat Bread
- % Whole Wheat Pitas
- % Whole Wheat Tortillas

**PASTA & RICE**

- % Whole Wheat Pasta
- Brown Rice
- Tomatoes
- Tuna in Water
- Veggies No Salt Added

**CANNED GOODS**

- Beans No Salt Added
- Fruit in 100% Juice
- Soup 140mg or Less Sodium
- Tomato Juice
- Tuna in Water
- Veggies No Salt Added

**BAKING & PANTRY**

- Whole-Wheat Flour
- Vanilla
- Dry Beans
- Peanut Butter

**PROTEIN**

- Chicken Breast
- Eggs
- Fish
- Lean (90/10) Beef
- Pork Loin
- Tofu
- Turkey

**DAIRY**

- Low-Fat Cheese
- Skim or 1% milk
- Low-Fat Yogurt

**FROZEN FOODS**

- Fruit No Added Sugar
- Meals
- Potatoes
- Veggies No Added Sauce
- Whole-Grain Waffles

**SAUCES, OILS, & SPICES**

- Spaghetti Sauce
- Vegetable/Canola Oil
- Olive Oil
- Vinegar
- Garlic Powder
- Pepper
- Oregano
- Paprika

**NON-FOOD ITEMS**

- Batteries
- Detergent
- Garbage Bags
- Light Bulbs
- Paper Towels
- Plastic Bags
- Shampoo/Conditioner
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Choose 100% Whole Wheat or 100% Whole Grain

Choose Healthy Here Nebraska