

# CHOOSE THE FOODS THAT FUEL YOUR BODY BEST!

Look for the signs!

Or ask us to help you find healthy choices here!

## Choose Whole Grains

LOOK FOR 100% WHOLE GRAIN ON THE LABEL AND AS THE FIRST INGREDIENT.



## Choose Vegetables

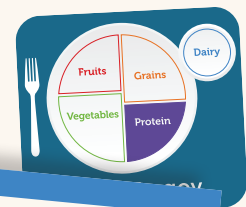
SELECT OPTIONS WITHOUT ADDED SALT OR SAUCE.

Vegetables may help lower your risk of heart disease.

## Choose Lean Meat

CHICKEN IS A GREAT CHOICE!

Chicken is high in protein and Vitamin B and low in saturated fat.



## Choose Fruits

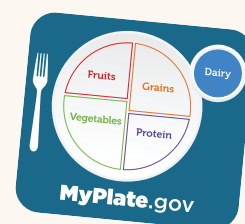
SELECT OPTIONS WITHOUT ADDED SUGAR.

Fruits may help lower your risk of heart disease, type 2 diabetes and certain cancers.

## Choose Low-Fat Dairy

LOOK FOR SKIM OR 1% MILK, YOGURT OR COTTAGE CHEESE.

Low-fat dairy provides as much calcium and vitamin D per serving as whole milk with less fat.



**N**

Evidence-based health material

**N**

Evidence-based health material brought to you by Nebraska Extension.