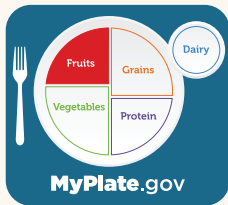


Choose Fruits



SELECT OPTIONS WITHOUT ADDED SUGAR.

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



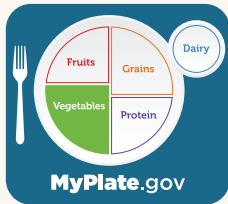
Evidence-based health material brought to you by Nebraska Extension.

Choose Vegetables



SELECT OPTIONS WITHOUT ADDED SALT OR SAUCE.

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



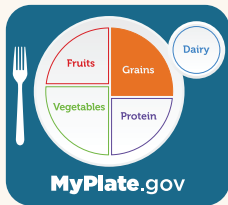
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Choose Whole Grains



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

Whole grains are a good source of fiber, which may lower your risk of heart disease, stroke and type 2 diabetes.



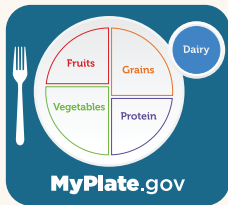
Evidence-based health material brought to you by Nebraska Extension.

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.



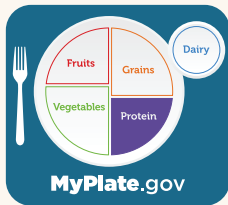
Evidence-based health material brought to you by Nebraska Extension.

Choose Lean Beef

LOOK FOR 90% LEAN BEEF OR HIGHER.



Lean beef is an excellent source of protein, iron, zinc and B vitamins, and it lowers your intake of saturated fat and cholesterol.

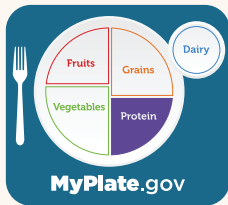


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Choose Lean Meat

CHICKEN IS A GREAT CHOICE!

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

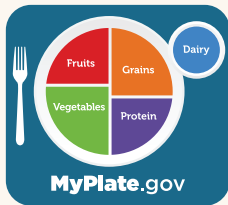


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Choose Water

QUENCH YOUR THIRST.

Choose water without added sugar, flavors or calories.

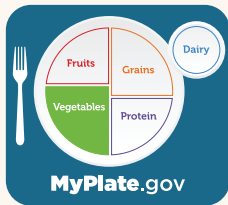


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Choose Vegetables



Fresh, frozen or canned ... it's all good for you when you choose options without added sauce.

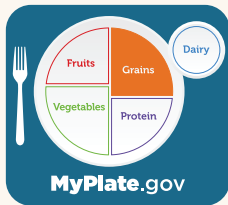


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Choose Whole Grains



Whole grains should be listed as the first ingredient in your breads, cereals, tortillas, rice and pasta.

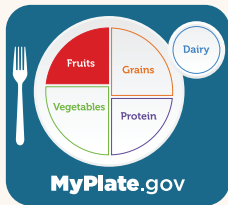


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Choose Fruits



Fresh, frozen or canned ... it's all good for you when you choose options without added sugar.

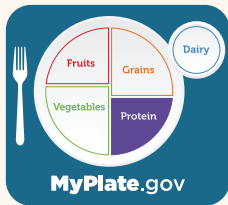


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Choose Lean Protein



Look for lean meat, fresh fish, fish canned in water, eggs, dry beans, nuts, and seeds.

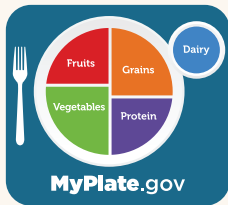


Evidence-based health material brought to you by Nebraska Extension.

Choose Water



Choose water without added sugar, flavors or calories.

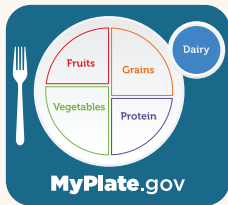


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Choose Low-Fat Dairy



Look for skim or 1% milk,
low-fat cheese or yogurt.



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