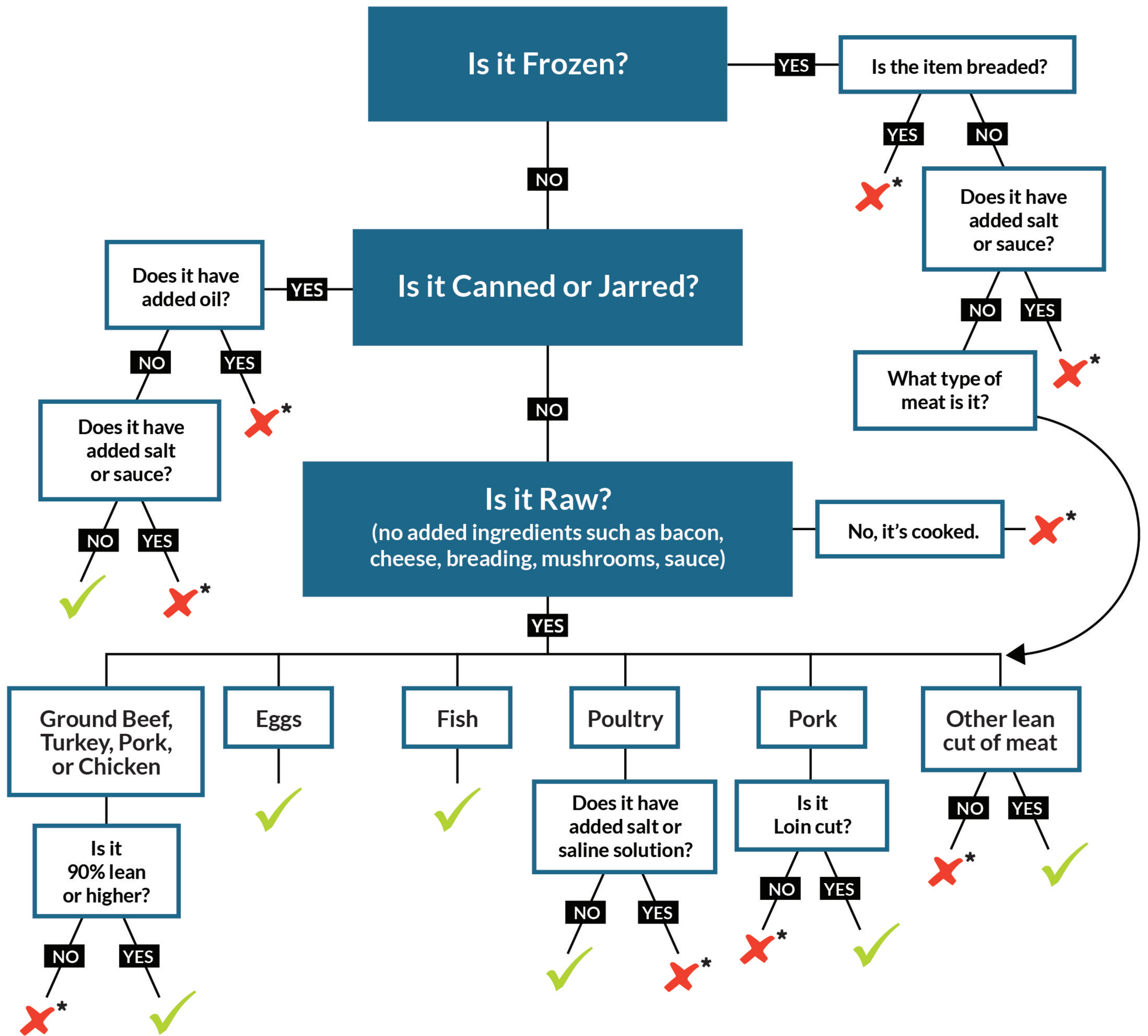


How to Choose *Healthy!*

Not sure about an item? Use this chart to determine whether or not you should promote an item as a healthy choice!

ANIMAL PROTEIN



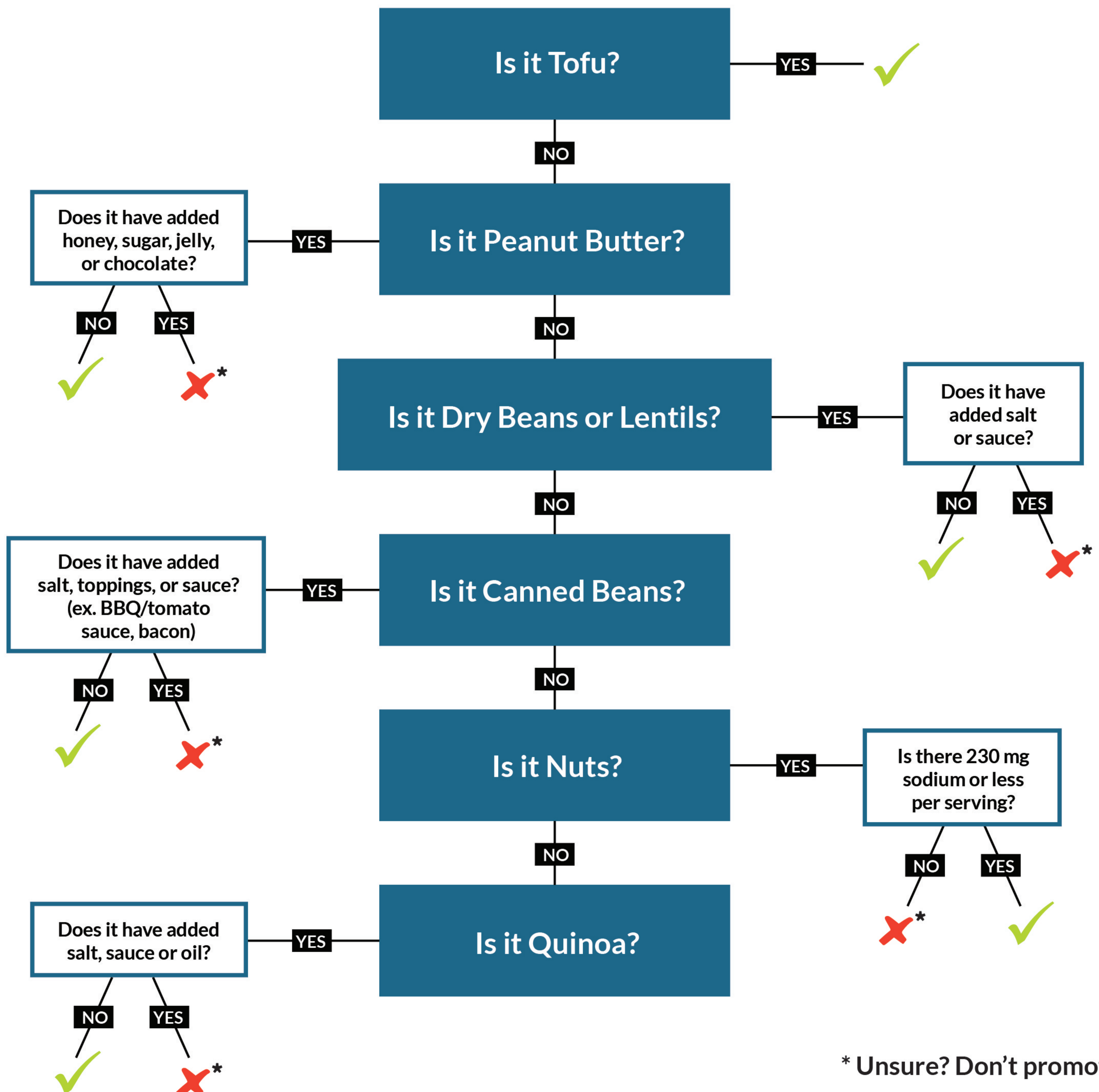
* Unsure? Don't promote!



How to Choose *Healthy!*

Not sure about an item? Use this chart to determine whether or not you should promote an item as a healthy choice!

PLANT PROTEIN



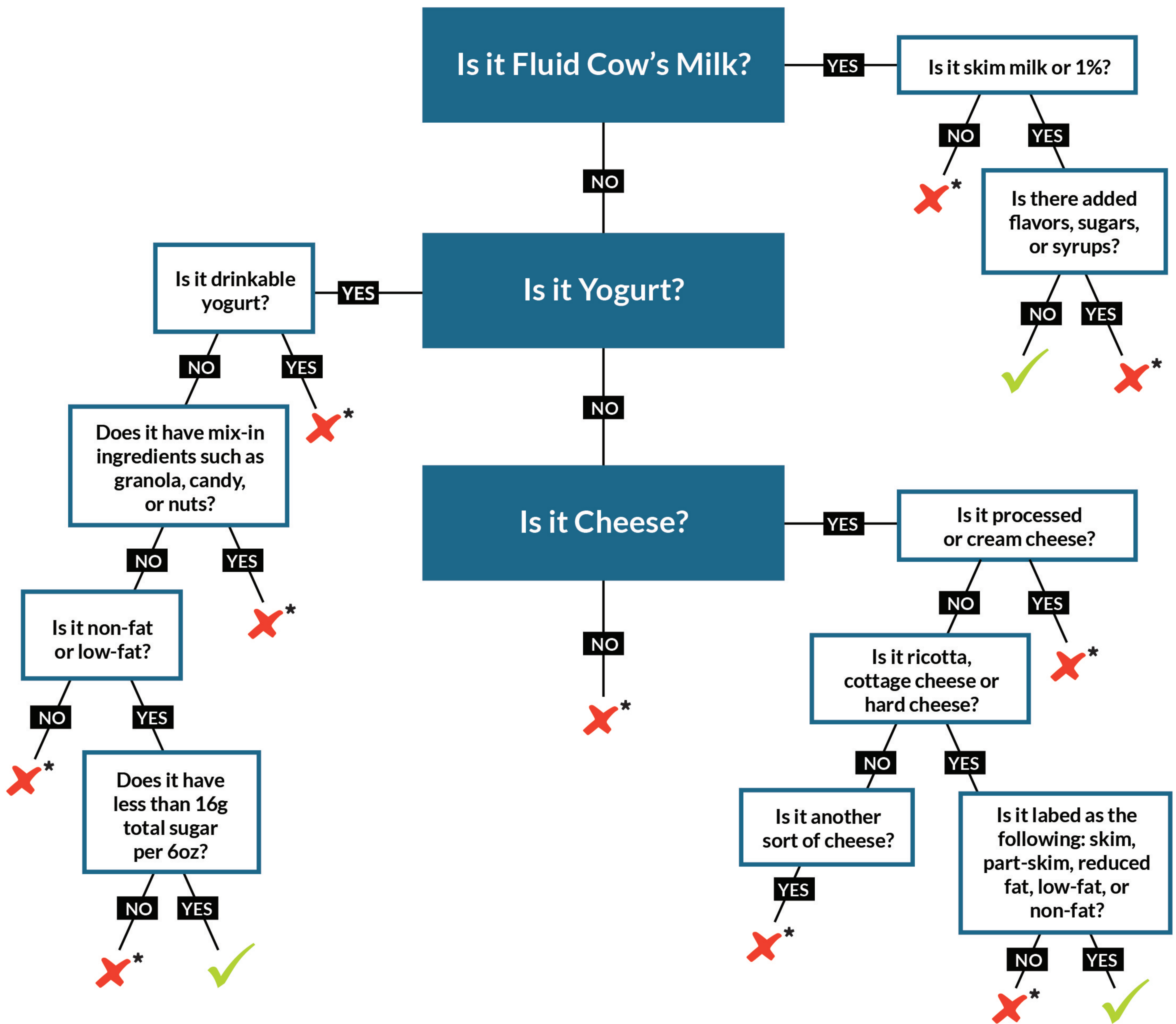
* Unsure? Don't promote!



How to Choose *Healthy!*

Not sure about an item? Use this chart to determine whether or not you should promote an item as a healthy choice!

DAIRY



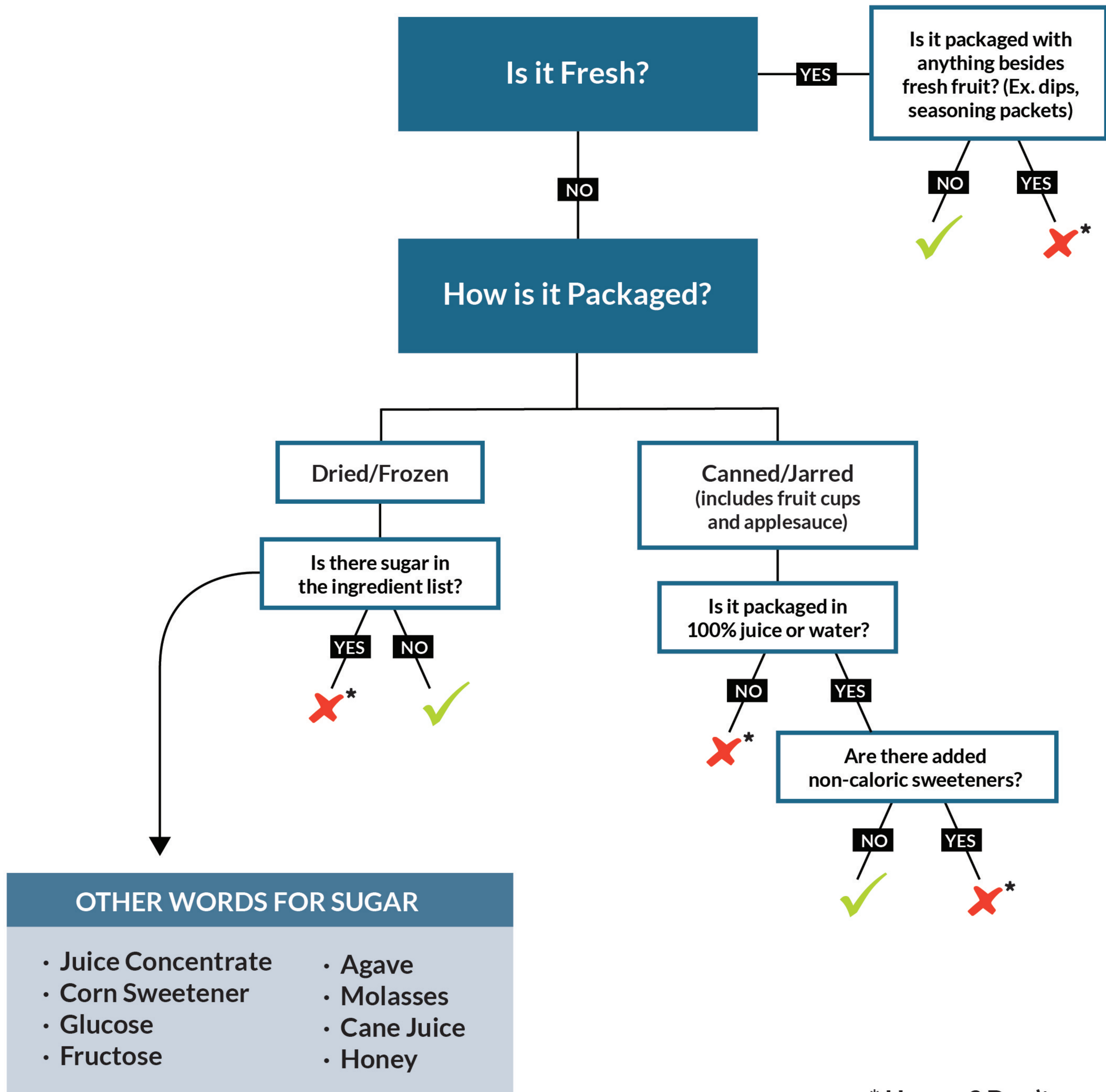
* Unsure? Don't promote!



How to Choose *Healthy!*

Not sure about an item? Use this chart to determine whether or not you should promote an item as a healthy choice!

FRUIT



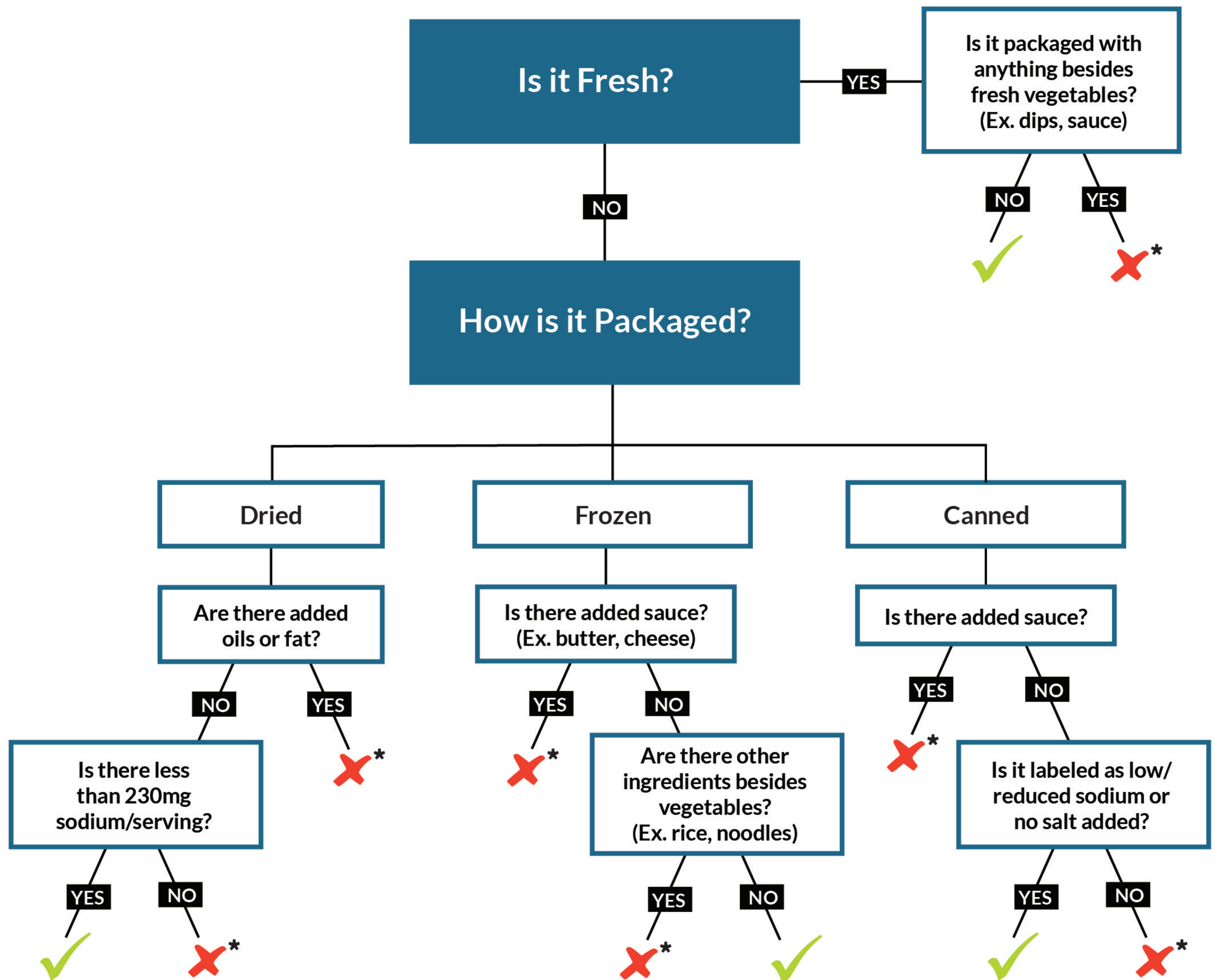
* Unsure? Don't promote!



How to Choose *Healthy!*

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VEGETABLES



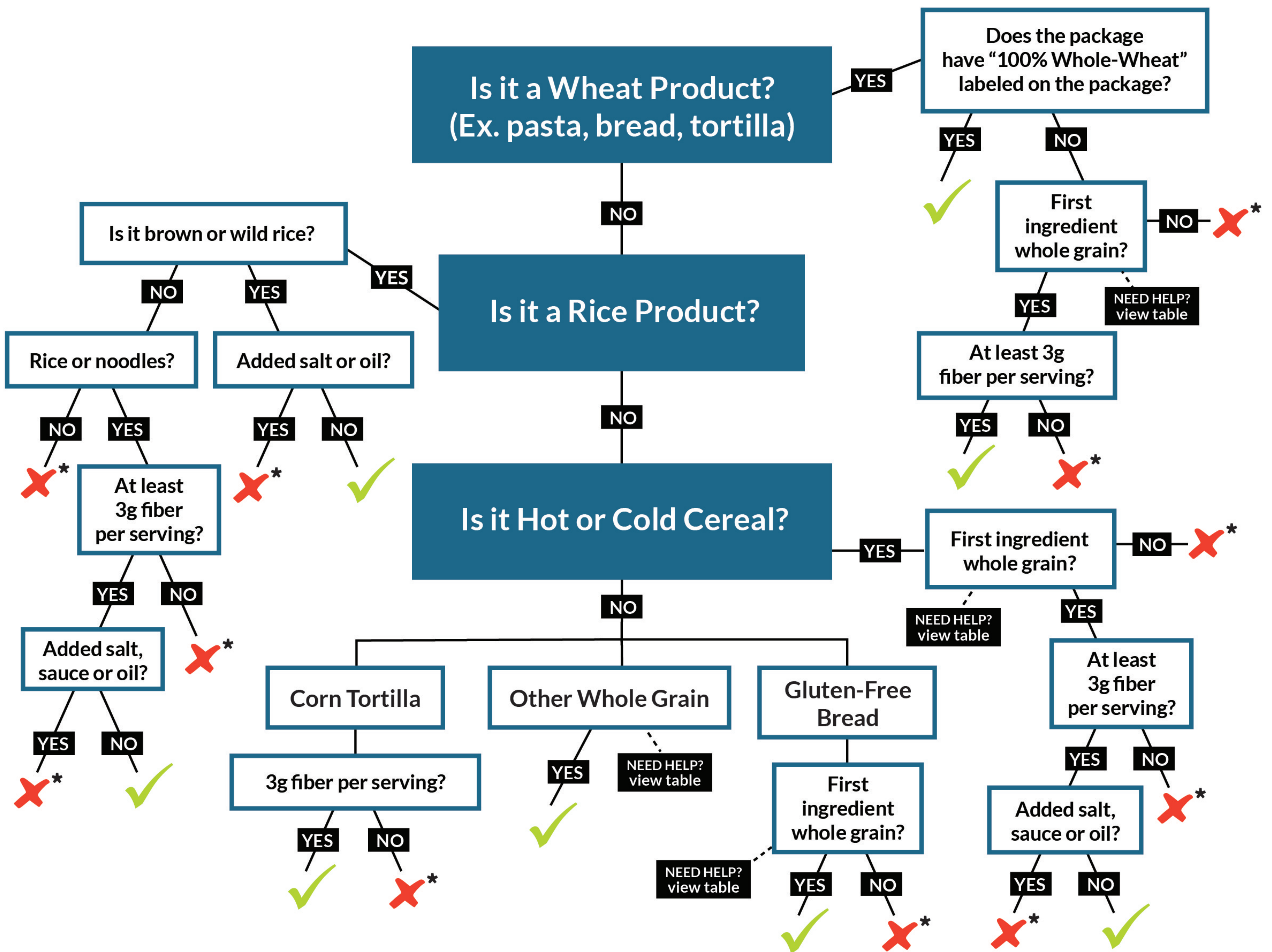
* Unsure? Don't promote!



How to Choose *Healthy!*

Not sure about an item? Use this chart to determine whether or not you should promote an item as a healthy choice!

GRAINS



WHOLE GRAIN INGREDIENTS

GF = NATURALLY GLUTEN-FREE
(Always check the label)

- brown rice GF
- buckwheat GF
- bulgur
- millet GF
- oatmeal GF
- popcorn GF
- quinoa GF
- rolled oats GF
- whole-grain barley
- whole-grain corn GF
- whole-grain sorghum GF
- whole-grain triticale
- whole oats GF
- whole rye
- whole wheat
- wild rice GF

* Unsure? Don't promote!

