

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

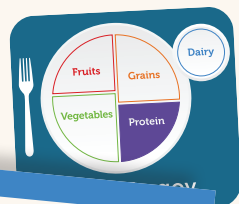
SELECT OPTIONS WITHOUT ADDED SALT OR SAUCE.

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

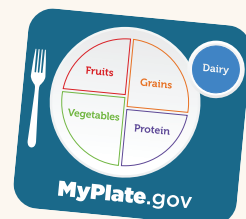
SELECT OPTIONS WITHOUT ADDED SUGAR.

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.



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Evidence-based health material

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