

# 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 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*
- <sup>100% W.W.</sup> Bread
- <sup>100% W.W.</sup> Pitas
- <sup>100% W.W.</sup> Tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## PASTA & RICE

- <sup>100% W.W.</sup> Pasta
- Brown Rice
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FROZEN FOODS

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

## 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
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## NON-FOOD ITEMS

- Batteries
- Detergent
- Garbage Bags
- Light Bulbs
- Paper Towels
- Plastic Bags
- Shampoo/Conditioner
- Soap
- Tissues
- Toilet Paper
- Toothpaste
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<sup>100% W.W.</sup> - Choose 100% Whole Wheat or 100% Whole Grain



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