# 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

## Cereal & Breads
- **Oatmeal**
- **Cereal** 7g Sugar or Less
- **100% Whole Wheat Bread**
- **Pitas**
- **Tortillas**

## 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**

## Pasta & Rice
- **100% Whole 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

## Snacks
- **Baked Chips**
- **Dried Fruit**
- **Popcorn**
- **Unsalted Nuts**
- **Unsweetened Applesauce**
- **Whole-Grain Crackers**

## Beverages
- **100% Juice**
- **Coffee**
- **Tea**
- **Water**

## 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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Choose 100% Whole Wheat or 100% Whole Grain

![Healthy Here Nebraska](https://www.choosehealthhere.com/nebraska)
### 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

### CEREAL & BREADS
- Oatmeal
- Cereal 7g Sugar or Less
- Low Wt. Bread
- Low Wt. Pitas
- Low Wt. Tortillas

### PROTEIN
- Chicken Breast
- Eggs
- Fish
- Lean (90/10) Beef
- Pork Loin
- Tofu
- Turkey
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### DAIRY
- Low-Fat Cheese
- Skim or 1% milk
- Low-Fat Yogurt
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### FROZEN FOODS
- Fruit No Added Sugar
- Meals
- Potatoes
- Veggies No Added Sauce
- Whole-Grain Waffles
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### PASTA & RICE
- Whole Wt. Pasta
- Brown Rice
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### CANNED GOODS
- Beans No Salt Added
- Fruit In 100% Juice
- Soup 140mg or Less Sodium
- Tomato Juice
- Tuna In Water
- Veggies No Salt Added
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### SNACKS
- Baked Chips
- Dried Fruit
- Popcorn
- Unsalted Nuts
- Unsweetened Applesauce
- Whole-Grain Crackers
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### BEVERAGES
- 100% Juice
- Coffee
- Tea
- Water
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### SAUCES, OILS, & SPICES
- Spaghetti Sauce
- Vegetable/Canola Oil
- Olive Oil
- Vinegar
- Garlic Powder
- Pepper
- Oregano
- Paprika
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### BAKING & PANTRY
- Whole-Wheat Flour
- Vanilla
- Dry Beans
- Peanut Butter
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**Choose 100% Whole Wheat or 100% Whole Grain**