

Shopping Guide

Look for:

Vegetables for meals and snacks

- ☐ Lots of green vegetables.
- ☐ Vegetables of other colors

Fruits for meals and snacks

- ☐ Fresh fruits and dried fruits

Whole grains

- ☐ Brown rice, barley, quinoa

Cereal

- ☐ Box cereals with 5 grams or more of fiber and 5 grams or less of sugar

Bread

- ☐ Bread with **whole wheat** or other whole grain as the first ingredient
- ☐ Corn tortillas

Healthy protein

- ☐ Fish, beans, lentils, nuts and seeds.

100 %Juice



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Avoid:

- ☐ Any food that contains *hydrogenated* or *partially hydrogenated* oils
- ☐ Any food that contains *trans fats*
- ☐ Any food that contains *high fructose corn syrup*
- ☐ Foods that have long lists of ingredients
- ☐ Soda, sweets and chips
- ☐ Juice drinks that are not 100% juice
- ☐ Lunch meats, deli meats, sausage
- ☐ Any food with more than 1.5 grams of saturated fat per serving

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