


Healthy Choices to Have on Hand


Eating Your Colors: Fruits and Vegetables

Eating your colors helps you get a healthy balance of Vitamins A & C, Fiber, beta carotene and antioxidants

Red foods: Strawberries, cherries, raspberries, apples, tomatoes, pluots, watermelon 

Orange foods: sweet potatoes, pumpkin, cantaloupe, oranges, grapefruit, peaches

Yellow foods: Pineapple, bananas, yellow squash, mangoes, bell peppers

Green foods: spinach, kale, chard, green beans, peas, zucchini, snow peas, bell peppers, kiwi, honeydew, lettuce 

Purple foods: Radishes, grapes, eggplant, plums, blackberries, blueberries, acai berries

Whole Grains

Whole grains are more nutritious than white, processed, enriched flour products

Make sure the ingredient list has the words **WHOLE** grain

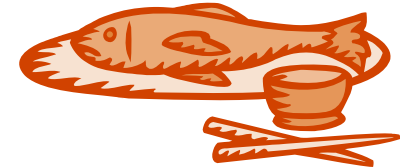
- ✓ Whole grain breads and tortillas
- ✓ High fiber (>3g/serving) whole wheat crackers
- ✓ Whole wheat pita bread
- ✓ Whole wheat pasta
- ✓ Brown rice, bulgur, couscous
- ✓ Granola and whole grain cereals
- ✓ Steel cut oats
- ✓ Whole grain crackers



Protein: Meat and Seafood

Natural meats and Poultry provide protein, B vitamins, and essential amino acids. Seafood is rich in Omega 3 fatty acids and are thought of as "brain food"

- ✓ Nitrate-free deli meats on whole wheat bread and tortillas, stacked on crackers
- ✓ Grilled chicken, turkey or pork
- ✓ Tuna Fish
- ✓ Smoked or canned salmon



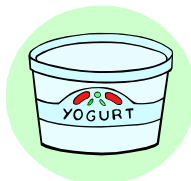
Protein: Dairy, Legumes and Soy

Choose Low-fat milk and milk products, substitute soy for allergy/taste preferences.

- ✓ Cream cheese/Neufchatel cheese
- ✓ Nut and seed butters: almond butter, natural peanut butter, tahini, hummus

For a treat mix a little honey or maple syrup w/almond or peanut butter & have with an apple

- ✓ Skim or 1% Milk or soy Milk
- ✓ Soy cheese
- ✓ String Cheese, cube Cheese and slices
- ✓ Low fat yogurt



Something Sweet

Fruit is a great natural sweet! And small amounts of dark chocolate are a good source of antioxidants

- ✓ apple sauce (should say no added sugar)
- ✓ All natural juice
- ✓ Dark chocolate
- ✓ Dried fruits
- ✓ Fruit leather
- ✓ Granola



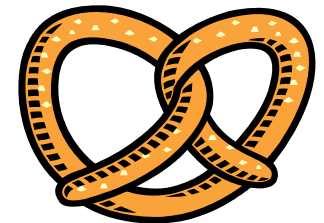
Look for these snacks buy them in bulk and store them in clear jars on the counter that way your kids are more likely to eat them!

Something Crunchy

Remove all products that contain hydrogenated fats. Many cookies, crackers and breads use these to keep their product fresh longer

Replace with hydrogenated oil free -

- ✓ Cereal
- ✓ Popcorn
- ✓ Pretzels
- ✓ Snack crackers
- ✓ Nuts
- ✓ Soy/rice crisps
- ✓ Trail mix



Make your own trail mix with your favorite cereals, nuts, and dried fruit