



Make a Good Food Choice

Choose Most Often



- ◆ These foods should be consumed daily and in amounts and appropriate portion sizes.
- ◆ Examples are fruits, vegetables, 100% juice, whole grain granola bars, breads wraps, white milk (skim, 1%, 2%), lean meats, nuts and seeds

Choose Sometimes



- ◆ These foods provide some beneficial nutrients, but are higher in added sugar, unhealthy fat, and salt.
- ◆ No more than 3 servings per week.
- ◆ Examples are canned fruit with added sugar, instant oatmeal, popcorn, crackers, flavored milk, flavored yogurt, cheese, lunch meats.

Choose Least Often



- ◆ Foods high in unhealthy fat, sugar, and salt. 1 serving of 100 calories could be eaten once per week.
- ◆ Examples are chocolate bars, potato chips, and pop.