Fruits
- Good source of vitamins, minerals, and fiber
- Aim for variety of color
- “Watery” vegetables are lower in carbohydrate and calories
- Seasonal vegetables are generally cheaper
- Rinse all vegetables including ready-to-eat bagged vegetables with water
- Avoid overcooking and over preparing
- Canned vegetables are higher in sodium - drain and rinse to reduce sodium
- Choose frozen plain vegetables
- Remember... the plainer, the better
- Select a variety of dark-green vegetables: broccoli, spinach, mustard greens, turnip greens, bok choy, collard greens, kale
- Select a variety of orange vegetables: carrots, sweet potatoes, pumpkin, winter squash
- Select a variety of vegetables rich in potassium: white potatoes, white beans, tomato products, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, split peas
- Choose 100% fruit juice
- Individually portioned fruit cups help with portion control
- Try a new fruit each week
- Add fruit to cereal
- Add fruits to salads and desserts
- Serve fruit as dessert or snack
- Add fruit to yogurt or pudding

Tips for Smart Cart Choices
- Plan meals.
- Use a grocery list and stick with it!
- Use coupons only for foods on your list.
- Plan meals around weekly and seasonal foods

Vegetables
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Breads, Cereal, Rice, Pasta & Grains
- Aim for low fat, high fiber varieties
- Choose from a variety of whole grains: brown rice, bulgur (cracked wheat), whole grain corn, oatmeal, whole oats, whole rye, whole wheat, popcorn, and pearl barley
- Choose foods that name one of the following ingredients first on the label’s ingredient list: whole oats, oatmeal, bulgur (cracked wheat), whole wheat, graham flour, or corn.
- Whole grain pastas and rice are higher in fiber
- Flavored pasta and rice mixes are often high in sodium and fat
- Instant and flavored cereals are often higher in sodium and sugar
- Remember... the plainer, the better

Select a variety of dark-green vegetables: broccoli, spinach, mustard greens, turnip greens, bok choy, collard greens, kale

Select a variety of orange vegetables: carrots, sweet potatoes, pumpkin, winter squash

Select a variety of vegetables rich in potassium: white potatoes, white beans, tomato products, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, split peas

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### Meat, Poultry, Fish, Dried Beans, Eggs & Nuts
- Provide protein, iron and zinc
- Meat, poultry, fish and seafood contain cholesterol and saturated fat
- Bake, broil, grill, roast, stew, or poach
- Limit breaded or fried foods

#### Beef & Pork
- Select lean cuts—loin and round cuts are leanest
- Choose lean ground beef: 93% lean or leaner
- Cured, processed and luncheon meats may be high in sodium
- Liver and brains are high in cholesterol

#### Poultry
- Light meat has less fat than dark meat
- Choose breast or tenderloin - remove skin before serving
- Choose lean ground turkey or chicken: 93% lean or leaner
- Chicken livers are high in cholesterol

#### Seafood
- High in protein and low in saturated fat
- Good source of omega 3’s: tuna, mackerel, salmon, halibut and cod
- Generally low in sodium
- Smoked, canned or processed may be higher in sodium
- Shrimp, crayfish, lobster and scallops are higher in cholesterol, but low in fat
- Frozen seafood is equal in quality to fresh seafood

#### Cheese & Cottage Cheese
- Source of protein and calcium
- High in fat, calories, and sodium
- Choose low fat and fat free varieties

### Nuts, Nut Butters & Seeds
- High in calories and fat
- Good source of heart healthy fats, protein and fiber

Choose from unsalted or dry roasted varieties: almonds, walnuts, pecans, pistachios, cashews, peanuts, soy nuts, sesame seeds, sunflower seeds, and pumpkin seeds

### Beans & Legumes
- Good source of fiber
- Inexpensive
- Canned beans are high in sodium - drain and rinse to reduce sodium
- Meat and seasonings increase fat and sodium content

Include a variety in your diet: Black beans, red beans, white beans, kidney beans, cannellini beans, garbanzo beans, navy beans, pinto beans, black-eyed peas, lentils, split peas, and soy beans

### Eggs & Egg Substitutes
- Good source of protein, iron, and vitamin A
- Egg yolks contain cholesterol
- Egg substitutes and egg whites contain no cholesterol

### Dairy Foods
- Excellent source of calcium and protein
- Buttermilk is high in sodium
- Choose low fat and non fat dairy products: skim milk, 1% milk, evaporated skim milk, dry milk, buttermilk, flavored milk, cheese, yogurt, smoothies, calcium fortified soy milk

### Fats & Oils
- High in calories
- Beware of hidden fats - choose foods with less than 3 grams fat per 100 calories
- Choose from: olive oil, canola oil, peanut oil, nuts, tub margarine, squeeze margarine, or spray margarine

### Tips for Smart Cart Choices
- Look to MyPyramid to plan your grocery list.
- Use the Nutrition Facts Label as a guide to healthy choices.
- Remember… the plainer,