**Tips on Healthy Foods to Shop For:**

* Choose pop-top lids when available
* Look for no or low-sodium items – they have less than 140 mg of sodium per serving
* Look for no or low added sugars – check ingredient list and avoid if sugar is in the top three ingredients
* Consider gluten free items
* Focus on foods for meals rather than snacks and desserts
* Check that food is within the expiration date

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| **Grains**Wheat pasta – whole grain Macaroni and cheese, whole grainBrown or wild riceGluten-free grains – rice, polenta, quinoa | **Cereals**Cereals, low-sugar Unsweetened oatmeal Granola, low-sugar, low-fat |
| **Fruits**Canned fruit packed in 100% juice or water Dried fruits, unsweetened such as raisins (only 100% fruit leather, no roll ups)Applesauce, 100% fruit, unsweetened100% fruit juice | **Vegetables**Canned vegetables, low-sodium Canned vegetable soup, low-sodium Canned tomato products, low sodium |
| **Sauces and Salsa**Pasta sauce, low sugar, low sodium Salsa | **Dairy**Shelf stable milk, low-fat or non-fat are bestPowdered milkNon-dairy milk like almond, coconut, rice, soy |
| **Snack and Other Foods**Whole grain crackersSnack bars with natural sugars like dried fruitDried herbs and spices Cooking oil such as olive or canolaMayonnaise, mustard, ketchup, salad dressings/vinegars, non-creamy | **Meat, Beans, and Proteins**Canned or dried beansBaked beans, chili with beansMeat stewsCanned tuna/salmon/chickenPeanut butterNuts, canned unsalted Jerky’s such as beef, salmon, turkey |
| **Personal Care and Health** Shampoo and conditioner Toothpaste and toothbrushes Soap and body wash Razors and shaving cream Feminine products Deodorant Diapers and baby wipes Combs and brushes |  |