

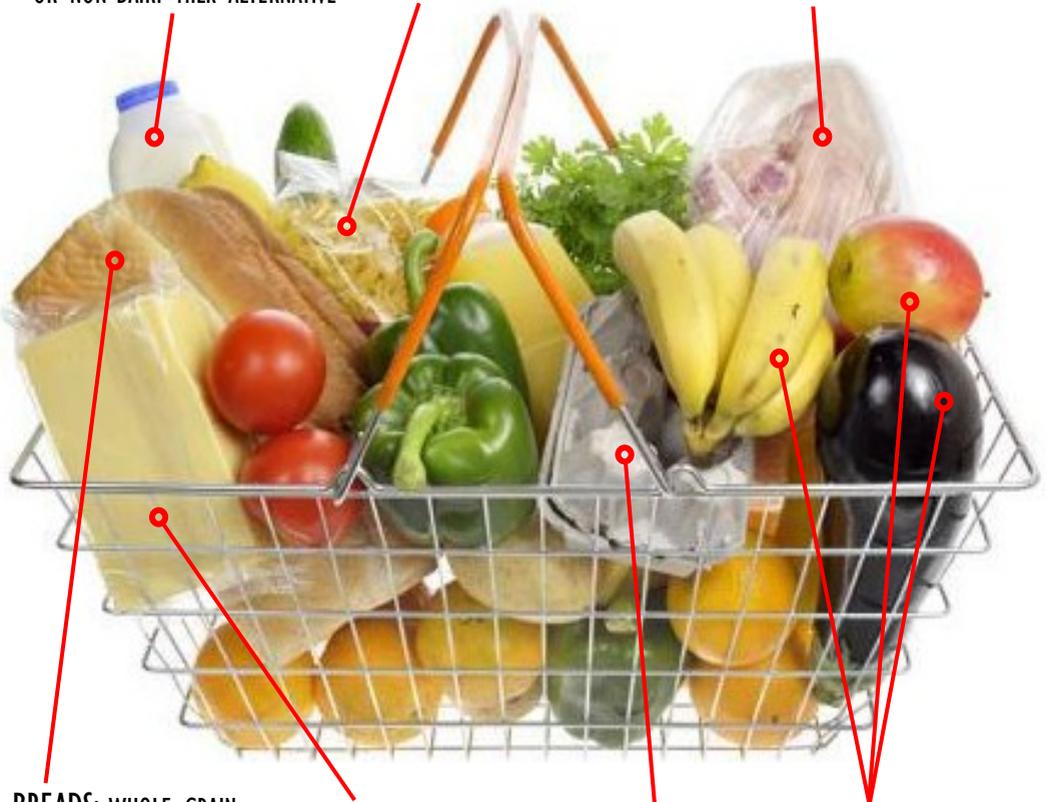
WHAT'S IN YOUR BASKET?

CHOOSE HEALTHY FOODS!

MILK: LOW-FAT OR FAT FREE,
OR NON-DAIRY MILK ALTERNATIVE

WHOLE GRAINS: BROWN
RICE, WILD RICE, WHOLE
GRAIN CEREAL, OATS, ETC.

LEAN MEAT: CHICKEN,
TURKEY, FISH OR LEAN BEEF



BREADS: WHOLE GRAIN
BREAD & TORTILLAS, WHOLE
WHEAT PITA OR FLAT BREADS,
CORN TORTILLAS

DAIRY: CHEESE, LOW-
FAT DAIRY SUCH AS
SOUR CREAM, LOW-
SUGAR YOGURT AND
COTTAGE CHEESE.

PROTEINS: EGGS,
CANNED OR DRY
BEANS, PEANUT
BUTTER, TOFU

FRUITS & VEGGIES:
FRESH, CANNED OR
FROZEN PRODUCE WITH
NO SALT OR SUGAR
ADDED



HEALTHY FOODSHELF NETWORK
www.healthyfoodshelves.org

EVERYBODY NEEDS
HEALTHY FOOD

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