



Let these colors be your guide to eating healthier



DRINKS

Healthy drinks are lower in sugar and/or fat and have fewer calories.

- Bottled water
- 100% Juice
- Low-fat milk
- Soy/almond milk
- Unsweetened or low-calorie beverages



SNACKS

Healthy snacks are lower in sodium and fat and higher in fiber.

- Healthier granola and energy bars
- Nuts, seeds, and trail mix
- Grab and go fruits and vegetables
- Low-fat yogurt



WHOLE GRAINS

Healthy whole grains are lower in sugar and higher in fiber.

- Brown rice
 - Whole grain bread
 - Oatmeal
 - Whole grain cereal
- Look for "Whole Grain" as the first ingredient*



PACKAGED PRODUCE

Healthy canned or frozen fruits and vegetables are lower in sugar and sodium.

- Canned fruit in water or 100% juice
- Frozen fruits or veggies with no added sugar or sauces