**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 grain  Brown or wild rice  Gluten-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, unsweetened  100% 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 best  Powdered milk  Non-dairy milk like almond, coconut, rice, soy |
| **Snack and Other Foods**  Whole grain crackers  Snack bars with natural sugars like dried fruit  Dried herbs and spices  Cooking oil such as olive or canola  Mayonnaise, mustard, ketchup, salad dressings/vinegars, non-creamy | **Meat, Beans, and Proteins**  Canned or dried beans  Baked beans, chili with beans  Meat stews  Canned tuna/salmon/chicken  Peanut butter  Nuts, 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 |  |