



# Make the Good Choice the Easy Choice

These foods and beverages qualify as Good Choice items because they are lower in calories, fat, sugar and sodium than other foods and beverages.

## Fruits and Vegetables

- Whole fruits
- Whole vegetables
- Sliced fruits or vegetables in easy, to-go containers
- Frozen fruit without added sugar
- Frozen vegetables without added sauce
- Canned fruit in 100% fruit juice
- Canned vegetables and tomato sauce labeled low or reduced sodium
- Dried fruits and vegetables without added sugar

## Beverages

- Bottled water
- Low sodium vegetable juices
- 100% fruit juices
- All other beverages with 40 calories or less

## Dairy

- Plain, low fat/skim milk
- Nonfat or low fat yogurt
- Low fat cheese
- Low fat frozen yogurt

## Protein

- Lean meats (cuts with little visible fat and ground meat with 10% or less fat)
- Fish and poultry without breading or batter
- Low or no salt added seeds and nuts
- Peanut butter and other nut butters
- Dried or canned low or no salt added beans

## Grains

- Whole-grain bread, pasta, crackers, chips and cereals (the first ingredient should include the word "whole")
- Oatmeal: regular, quick or instant
- Brown or wild rice
- Low sodium or unsalted pretzels, popcorn and crackers
- Granola bars
- Graham crackers

## Combination Foods

- Any prepared item containing two or more foods from other categories; may contain low fat dressing and low fat condiments