

Follow the colors to make healthy choices!



Choose Often

low in saturated fat, sodium, and added sugars; supports health



Choose Sometimes

medium levels of saturated fat, sodium, or added sugars; some health benefits



Choose Rarely

high in saturated fat, sodium, or added sugars; limited health benefits, think of as "treats"

Visit www.GleanersNutritionHub.org for more nutrition information, healthy recipes, and cooking videos!

Information and graphics from the HER Nutrition Guidelines for the Charitable Food System and SWAP, a program of Foodshare

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QUICK GUIDE

Choose Often

Plain fresh + frozen fruits + veggies
Low-sodium canned veggies + beans
Canned fruit in 100% juice/water
Fresh eggs
Whole grain pasta, brown rice
Plain skim, 1%, 2% milk
Plain water, coffee, tea

Choose Sometimes

100% fruit juice
Dried fruit with no sugar added
Regular/enriched pasta, white rice
Plain whole milk
Peanut butter

Choose Rarely

Desserts, candy, ice cream, cookies, cake
Regular soda, sports drinks

Foods That Are Not Ranked

Condiments, dressings, jellies, syrups
Cooking staples - oils, flour, sugar, spices
Baby food, infant formula
Nutrition supplements, protein powder

 Visit wellscan.io/calculator to look up the color ranking for more foods

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