

MOST WANTED ITEMS

High Fiber, Low Sugar, Low Sodium

PEANUT BUTTER
creamy or crunchy



LEAN CANNED PROTEIN
tuna, salmon or chicken in water



CANNED VEGETABLES
low sodium or no salt added



CANNED FRUITS
in its own juice or water



TOMATO PRODUCTS
spaghetti sauce, dried tomatoes



BEANS
canned or dry



WHOLE GRAIN CEREAL
hot or cold



WHOLE GRAINS
pasta, brown rice, quinoa



HEALTHY SNACKS
fruit cups, raisins, granola bars

