



### Fruit & Vegetable Group

Choose canned or dry fruits and vegetables in an array of color to ensure consumption of a variety of vitamins and minerals.

- Canned fruit or fruit cups in 100% juice (not in syrup)
- Unsweetened applesauce
- Low-sodium or water-packed canned vegetables (including tomatoes & tomato sauces)
- 100% fruit or vegetable juice (canned, plastic, or boxed containers)
- Dried fruits and vegetables (with no added sugar)
- Salsa

### Protein Group

Choose canned lean meats as a good source of low-fat protein and canned or dry beans as good source of fiber.

- Low-sodium or water packed meats, such as, a seafood chicken, tuna, and salmon
- Dried beans or lentils
- Low-sodium canned beans
- Nut butters (peanut butter or almond butter)
- Nuts and seeds (lightly salted)

### Grain Group

Choose non-perishable whole grains for maximum nutritional value.

- Whole-wheat pasta, barley, brown rice, quinoa, and wild rice
- Whole-grain cereal and rolled oats (not sugar coated)
- Popcorn (without hydrogenated oils)
- Whole-grain crackers

### Dairy Group

Choose shelf-stable low-fat dairy products fortified with vitamin D.

- Low-fat dehydrated milk
- Low-fat canned milk
- Shelf-stable unsweetened almond and soy milk
- Sugar-free pudding

### Other

- Low-fat and low-sodium broth (chicken, beef or vegetable)
- Low-sodium spice mixes
- Dried soup mixes
- Canola or olive oil
- Low-sodium soups

### Additional Tips

- Canned goods with pop-top lids are better than canned goods that require a can opener
- Avoid foods packaged in glass.
- Do not donate foods that are past the expiration date.

KING'S  
DAUGHTERS

