"CHOOSE AND SERVE MOST OFTEN" LIST

Most of these foods are good sources of one or more of the nutrients iron, calcium, Vitamin A, C, or D, and are generally low in fat, sugar and salt.

Grain Products	Bread, rolls, buns, bagels, pita bread, english muffins, waffles, pancakes, low fat muffins, rice cakes, graham crackers, pasta, unsweetened or low sugar breakfast cereals, pretzels, popcorn (light), bannock, low fat crackers, whole wheat or baked tortilla's, baked taco shells, rice. Whole wheat and multi-grain breads should be chosen over white processed breads whenever possible.
Vegetables and Fruit	Fresh fruit, fresh vegetables, canned fruits prepared in own juice, 100% fruit juice and nectars, vegetable juices, dried fruit, fruit leather, raisin boxes, frozen fruit juice bars (100% real fruit juice), fruit or vegetable salads.
Milk Products	2% and 1% white or chocolate milk, yogurt, cheese slices, cheese sticks, milk based puddings, individual cheese portions.
Meat and Alternatives	Canned fish, lean meat, fish, poultry, tuna and cracker packages, peanut butter and cracker packages, cheese and cracker/breadsticks packages, wild meat (moose, deer, etc.), beef jerky, peanut butter, eggs, legume (dried peas, beans or lentils).
Sauces, Toppings, Garnishes and Dips	Syrup, honey, jam, salsa, tomato sauce, low or non-fat dressings, spreads, mayonnaise, dips.
Sweets	Fruit bars (fig, apple, raspberry), graham crackers, cereal bars (multi-grain, low fat).

Adopted September 1, 2009	Revised December 14, 2009	