





# Healthy Food Ideas

**Enjoying a variety of foods is important for health! Try something new!**

## Country foods are VERY healthy

Your program funding can be used to buy country food.

- Serve country food often.
- Fresh, frozen, dried or cooked are all great choices.

## Vegetables and Fruit

ALL are good choices:

- Canned
- Fresh
- Frozen
- Dried

## Grain Products

- Whole grain bread
- Whole grain crackers
- Rice cakes
- Unsweetened breakfast cereals
- Baked bannock – try replacing half the flour with whole wheat flour

## Milk and Alternatives

- Skim, 1% or 2% milk (powdered, UHT or fresh are all good choices)
- Yogurt
- Cheese (like mozzarella or cheddar)
- Cottage cheese

## Meat and Alternatives

- Fresh or frozen meat or fish
- Sliced meat (like ham, turkey or chicken)
- Eggs
- Canned tuna or salmon
- Canned beans in tomato sauce
- Nuts or nut butters (like peanut butter or almond butter)

**“Unhealthy foods” cannot be purchased with GN program funds.**

*Look for store-bought foods with less salt, sugar, saturated fats and 0 trans fats. Talk to your CHR or Nutritionist to learn more.*

### Unhealthy foods include:

- × Fruit drinks, punches, cocktails, or juice crystals
- × Hot chocolate made with water
- × Cake, ice cream, Jello
- × Sugary cereals (like Froot Loops or Frosted Flakes)
- × Cookies with chocolate chips or filled with icing
- × Granola bars with chocolate or candy
- × Chocolate sandwich spread (like *Nutella*)
- × Potato chips
- × Processed meats - like hot dogs, Klik, bologna, pepperoni, salami, bacon, chicken nuggets
- × Store-bought (frozen) pizza
- × Lard, shortening, and fried foods

