

Raise HEALTHY Eaters

Where Parents Go for
Credible Nutrition Advice



www.RaiseHealthyEaters.com

Dairy	Produce	Grains	Nuts & Dried Fruit	Non-food
milk	Vitamin-A Rich	sliced bread	mixed nuts	aluminum foil
yogurt	carrots	English muffins	walnuts	baggies
string cheese	spinach	buns	almonds	detergent
cheddar	kale*	pasta	peanuts	sponges
mozzarella	collards	wraps	sunflower seeds	paper towels
parmesan	winter squash	tortillas	peanut butter	toilet paper
feta	pumpkin	rice	dried beans	shampoo
eggs	sweet potato*	quinoa	raisins	conditioner
spread	red sweet peppers*	cereal	dried fruit	soap
	Vitamin-C Rich			lotion
	oranges			deodorant
	strawberries			
	cantaloupe*			
	kiwi			
	mango			
			Jar & Canned Goods	
Tip! Choose 1% or fat-free milk and yogurt, canola-based spreads and omega-3 rich eggs.	papaya	Tip! Make at least half your grains "whole grain." Choose cereals with >3g fiber and <10g sugar per serving	beans	
	cauliflower		taco sauce	
	broccoli		enchilada sauce	
	green peppers		soup	Baby & Toddler
Meat, Poultry & Fish	pod peas	Baked Goods	broth	wipes
fish		flour	pasta sauce	diapers
shellfish		sugar	tomatoes	baby food
chicken		pancake mix	tuna	cereal
turkey		syrup		sippy cup
red meat		sugar		formula
deli meat		brown sugar		
	Tip! Serve at least one vitamin-A and C rich fruit and/or veggie daily			
	*Rich in both A and C		Tip! It's recommended that Americans get <2400 mg sodium daily. Check labels	
Tip! Choose "free-range" or "grass-fed" lean meats and seafood that is "wild."	Oils & Condiments	Tip! Experiment with whole wheat flour, fruit and nuts in recipes.	and consider buying reduced sodium products when appropriate.	Misc.
	vegetable oils			multivitamin
	cooking spray			vitamin D
Frozen	salad dressing	Snack Foods	Beverages	omega-3 - fish oil
vegetables	salsa	crackers	water	calcium
meat/poultry	ketchup	chips	juice	flax
seafood	mustard	bars	coffee/tea	
meals	mayonnaise	cookies	wine	
ice cream			beer	
waffles				
	Tip! Choose salad dressings and cooking sprays made with olive or canola oil.	Tip! Try crackers, bars and chips that are made with whole grains.	Tip! Choose juice that's 100% fruit juice.	