Shopping Guide

Look for:

Vegetables for meals and snacks
- Lots of green vegetables.
- Vegetables of other colors

Fruits for meals and snacks
- Fresh fruits and dried fruits

Whole grains
- Brown rice, barley, quinoa

Cereal
- Box cereals with 5 grams or more of fiber and 5 grams or less of sugar

Bread
- Bread with whole wheat or other whole grain as the first ingredient
- Corn tortillas

Healthy protein
- Fish, beans, lentils, nuts and seeds.

100 % Juice
Shopping Guide

Avoid:

- Any food that contains hydrogenated or partially hydrogenated oils
- Any food that contains trans fats
- Any food that contains high fructose corn syrup
- Foods that have long lists of ingredients
- Soda, sweets and chips
- Juice drinks that are not 100% juice
- Lunch meats, deli meats, sausage
- Any food with more than 1.5 grams of saturated fat per serving

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