

Breads

- ___ corn or whole wheat tortillas
- ___ 100% whole wheat bread •FW•
- ___ multigrain breads •FW•
- ___ oat bread •FW•
- ___ 100% whole wheat pitas
- ___ other •FW•

Cereals

(Look for whole grain cereals with more than 3 grams of fiber and less than 10 grams of sugar per serving.)

- ___ cream of wheat or rice •FW•
- ___ bran, bran flakes •FW•
- ___ oatmeal •FW•
- ___ shredded wheat •FW•
- ___ other •FW•

Grains

- ___ barley
- ___ brown rice, wild rice
- ___ bulgur and durum wheat
- ___ corn meal •FW•
- ___ couscous •FW•
- ___ millet
- ___ quinoa (high in protein)
- ___ rice •FW•
- ___ wheat bran, wheat germ
- ___ other •FW•

Pasta

- ___ egg noodles
- ___ rice noodles •FW•
- ___ whole wheat pasta
- ___ vegetable-flavored pasta
- ___ gluten-free pasta •FW•
- ___ other •FW•

Fruits

(Choose fruits that are in season.)

- ___ apples •FW•
- ___ bananas •FW•
- ___ berries

- ___ cherries
- ___ cranberries
- ___ grapefruit •FW•
- ___ grapes
- ___ lemons, limes •FW•
- ___ kiwi
- ___ melons
- ___ oranges, tangerines •FW•
- ___ tropical fruits
- ___ peaches, nectarines •FW•
- ___ pears •FW•
- ___ plums
- ___ watermelon
- ___ other •FW•

Vegetables

(Dark green leafy vegetables are good sources of iron, calcium, and vitamin A.)

- ___ asparagus
- ___ avocado (contains unsaturated dietary fats)
- ___ beets
- ___ bell peppers •FW•
- ___ broccoli •FW•
- ___ Brussels sprouts
- ___ cabbage, chinese cabbage
- ___ carrots •FW•
- ___ cauliflower
- ___ celery
- ___ collard greens •FW•
- ___ corn •FW•
- ___ cucumbers
- ___ eggplant
- ___ green beans •FW•
- ___ leeks
- ___ lettuce •FW•
- ___ mushrooms •FW•
- ___ onions, green and bulb •FW•
- ___ peas •FW•
- ___ potatoes, sweet potatoes •FW•
- ___ pumpkin, squash
- ___ radishes
- ___ spinach •FW•

- ___ tomatoes •FW•
- ___ turnips
- ___ zucchini, squash
- ___ other

Dairy/Dairy Alternative

- ___ low-fat or skim milk •FW•
- ___ soy milk, fortified •FW•
- ___ low-fat cheeses •FW•
- ___ low-fat sour cream
- ___ low fat yogurt •FW•
- ___ orange juice with calcium •FW•
- ___ soy cheese, soy yogurt
- ___ other •FW•

Meat/Meat Alternative

(Choose lean cuts of meats.)

- ___ skinless chicken •FW•
- ___ turkey breast (no skin) •FW•
- ___ fish (avoid breaded items) •FW•
- ___ tofu •FW•
- ___ tempeh
- ___ beans •FW•
- ___ black beans •FW•
- ___ black-eyed peas
- ___ chickpeas (garbanzos) •FW•
- ___ lentils
- ___ lima beans
- ___ peanut butter •FW•
- ___ soy butter •FW•
- ___ soy beans
- ___ split peas
- ___ other •FW•

Nuts, Seeds

- ___ almonds •FW•
- ___ cashews •FW•
- ___ pecans
- ___ peanuts (no oil, no salt)
- ___ walnuts
- ___ pumpkin, sunflower, sesame seeds
- ___ soynuts
- ___ other •FW•

Dried Fruits

(choose unsweetened without oils or sulphites.)

- ___ dried apricots •FW•
- ___ dried apples
- ___ dried cranberries •FW•
- ___ prunes •FW•
- ___ raisins, currants •FW•
- ___ other •FW•

Herbs/Spices/Condiments

(When choosing powdered spices look for those without salt or MSG.)

- ___ basil
- ___ bay leaves
- ___ chives
- ___ cinnamon •FW•
- ___ coriander
- ___ cumin
- ___ dill
- ___ ketchup •FW•
- ___ garlic, garlic powder •FW•
- ___ ginger
- ___ mint
- ___ mayonnaise (low fat) •FW•
- ___ mustard •FW•
- ___ nutmeg
- ___ onion powder •FW•
- ___ parsley •FW•
- ___ oregano •FW•
- ___ rosemary
- ___ sage
- ___ thyme
- ___ vanilla extract •FW•
- ___ other •FW•

Canned Goods

(Choose low-salt items.)

- ___ beans •FW•
- ___ fruits in juice •FW•
- ___ tomato paste, sauce •FW•
- ___ spaghetti sauce •FW•
- ___ jam (low sugar) •FW•
- ___ soup (low salt, low fat)
- ___ tuna fish packed in water •FW•

- ___ hominy
- ___ refried beans (low fat) **•FW•**
- ___ broths
- ___ vegetables **•FW•**
- ___ other **•FW•**

Frozen Foods

- ___ beans, green **•FW•**
- ___ broccoli **•FW•**
- ___ carrots
- ___ corn, plain **•FW•**
- ___ fruit
- ___ lima beans
- ___ vegetable mix **•FW•**
- ___ veggie burgers **•FW•**
- ___ frozen yogurt, sherbet
- ___ other **•FW•**

Packaged foods

- ___ baked tortilla chips **•FW•**
- ___ baked pretzels (low salt) **•FW•**
- ___ cookies **•FW•**
- ___ crackers (whole grain) **•FW•**
- ___ nuts **•FW•**
- ___ trail mixes **•FW•**
- ___ other **•FW•**

Miscellaneous

- ___ apple sauce or prune puree **•FW•**
(Use as a fat substitute in baked products.) **•FW•**
- ___ baking powder **•FW•**
- ___ baking soda **•FW•**
- ___ cocoa powder **•FW•**
- ___ coffee **•FW•**
- ___ herb tea **•FW•**
- ___ balsamic vinegar **•FW•**
- ___ peanut butter (low fat) **•FW•**
- ___ salad dressing (low fat) **•FW•**
- ___ salsa, hot sauce **•FW•**
- ___ soy sauce (light) **•FW•**
- ___ vinegar **•FW•**
- ___ real maple syrup **•FW•**
- ___ other **•FW•**

•FW• These items are stocked at FoodWorks, your campus convenience store. Have you stopped by lately to see all that FoodWorks offers? Remember, you can use your SUCard at FoodWorks. If you want something special that we don't stock, just ask! We may be able to get it for you.