

# Raise HEALTHY Eaters

Where Parents Go for  
Credible Nutrition Advice



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Dairy	Produce	Grains	Nuts & Dried Fruit	Non-food
milk	<b>Vitamin-A Rich</b>	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
	<b>Vitamin-C Rich</b>			lotion
	oranges			deodorant
	strawberries			
	cantaloupe*			
	kiwi			
	mango			
			<b>Jar &amp; Canned Goods</b>	
<b>Tip!</b> Choose 1% or fat-free milk and yogurt, canola-based spreads and omega-3 rich eggs.	papaya	<b>Tip!</b> 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	<b>Baby &amp; Toddler</b>
<b>Meat, Poultry &amp; Fish</b>	pod peas	<b>Baked Goods</b>	broth	wipes
fish		flour	pasta sauce	diapers
shellfish		sugar	tomatoes	baby food
chicken		pancake mix	tuna	cereal
turkey		syrop		sippy cup
red meat		sugar		formula
deli meat		brown sugar		
	<b>Tip!</b> Serve at least one vitamin-A and C rich fruit and/or veggie daily			
	*Rich in both A and C		<b>Tip!</b> It's recommended that Americans get <2400 mg sodium daily. Check labels	
<b>Tip!</b> Choose "free-range" or "grass-fed" lean meats and seafood that is "wild."	<b>Oils &amp; Condiments</b>	<b>Tip!</b> Experiment with whole wheat flour, fruit and nuts in recipes.	and consider buying reduced sodium products when appropriate.	<b>Misc.</b>
	vegetable oils			multivitamin
	cooking spray			vitamin D
<b>Frozen</b>	salad dressing	<b>Snack Foods</b>	<b>Beverages</b>	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				
	<b>Tip!</b> Choose salad dressings and cooking sprays made with olive or canola oil.	<b>Tip!</b> Try crackers, bars and chips that are made with whole grains.	<b>Tip!</b> Choose juice that's 100% fruit juice.	