

Eat for the health of it

Eat Smart! Make a healthy snack choice.



**Choose
Most
Often**

Most of your food choices should come from this category.

- fresh fruits and vegetables
- 100% juice
- whole grain products
- low fat milk and cheese
- yogurt
- lean meats, eggs, nut butters, tofu, legumes



**Choose
Sometimes**

Choose these foods less often.

- refined grain products
- higher fat and/or higher sugar foods
- processed meats
- salted nuts



**Choose
Least
Often**

Choose these foods least often and eat small portions.

- chips, sugary cereal, cookies, chocolate bars
- high fat crackers
- candy, ice cream
- pastry, doughnuts
- pop, energy drinks, fruit-flavoured drinks

Eat Smart. Move More.