**Fruits & Vegetables**
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

**Healthy Oils**
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

**Herbs & Spices**
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

**Fluids**
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

**Grains**
Whole grain and fortified foods are good sources of fiber and B vitamins.

**Dairy**
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

**Protein**
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

*Remember to Stay Active!*