

## MAXIMUM NUTRITION

*Anything with **no label** means good to go! It's healthy, so feel free to eat fruits and vegetables and other non-labeled items as much as you like.*

**Vegetables & Fruits**

**Whole Grain Bread**

**Whole Grain Cereal:** Bran Flakes, Raisin Bran, Shredded Wheat, Harvest Crunch, Vector, Muslix, Plain Oatmeal

**Peanut Butter**

**Water, White Milk**

## MODERATE NUTRITION

*When you see **yellow labels** we want you to choose wisely as these items only have moderate nutrition and should be consumed less frequently.*

**Whole Wheat Bread**

**Crackers:** Melba Toast, Vegetable Thins, Salted Soda Biscuits

**Cereal:** Mini Wheats, Special K, Shreddies, Rice Crispies, Flavoured Oatmeal

**Sliced Cheese**

**Butter, Margarine, Jam, Honey**

**Chocolate Milk**

## MINIMUM NUTRITION

*When you see items **labeled red**, we want you to stop and think... do I really want this item? And do I have the time to sit down and enjoy this item? These items contain minimum nutrition and are considered a treat to be enjoyed. We encourage you to only consume these items occasionally.*

**White Bread**

**Crackers:** Ritz, Bacon Dippers

**Cereal:** Fruit Loops, Corn Pops, Frosted Flakes

**Processed Meats (Cold Cuts)**

**Cheese Whiz, Maple Syrup, Nutella**

**100% Juice (from concentrate), Coffee Cream**