

Good / Better / Best Food Choices

	GOOD	BETTER	BEST
BREAKFAST			
FRUIT VEGETABLE COMPONENT (provides body with vitamins, minerals and fiber)	Full strength Vegetables or Fruit juices	Frozen vegetables or fruit	Whole fruit or vegetable (EXCELLENT SOURCE OF FIBER)
GRAIN COMPONENT Whole grain products provide the body with fiber, minerals, vitamins and reduces the risk of CHD, helps maintains weight reduce risk of chronic disease	White bread (enriched) Biscuit roll	Cooked cereal, grains or pasta noodles	100 % Whole grain pasta, noodles (EXCELLENT SOURCE OF FIBER)
MILK COMPONENT (provides the body with vitamin D and calcium)	Milk 1% low fat milk		1% Organic milk
LUNCH / SNACK			
FRUIT VEGETABLE COMPONENT	Can vegetables	Frozen vegetable or fruits	Whole vegetable and fruit (EXCELLENT SOURCE OF FIBER)
GRAIN COMPONENT	White bread, cornbread, biscuits, rolls, muffins	Multi grain	100% whole grain (no refined flour) (EXCELLENT SOURCE OF FIBER)
MEAT OR MEAT ALTERNATIVE COMPONENT (Provides the body with amino acids proteins) which is necessary for proper growth and function of the human body. Protein rich foods are listed by highest quantity of protein in 100g	Chicken, fish or alternative protein products such as eggs 13g, cooked beans 17g, peanut butter 23g or soy nut butter, yogurt or soy milk 6g		Turkey breast, chicken breast 30g, lean beef or veal, fish (tuna, salmon, Halibut 26g, cheese- low fat mozzarella, cottage cheese 32g peanuts & almonds 33g