



# Moo-ve!

to **Low-Fat** and  
**Nonfat Dairy**

Low-fat (1%) and nonfat dairy products have fewer calories and fat while providing key nutrients like calcium and vitamin D, which strengthens bones and teeth.



# Reach for Raisins

Raisins are the perfect grab-and-go snack! Mix a handful of raisins with roasted peanuts for a protein packed mix!



# Have a **Berry** Good Day!

Add frozen blueberries to your favorite muffin recipe or stir them into your morning bowl of oats or farina.



# Make it Apple-Saucy

Did you know you can reduce the fat in your favorite baking recipe by using applesauce in place of oil? Swap oil for applesauce in a 1:1 ratio.



# Chill Out With Frozen Veggies

Choose frozen vegetables for an easy addition to your meals all year long. Simmer frozen carrots in apple juice for a sweet, wintery side dish.

A vibrant rainbow with seven distinct bands of color (red, orange, yellow, green, blue, purple, red) arches across the top left. Below it, a large, white, stylized cloud with a soft drop shadow is centered. The background is a dark teal color with a repeating geometric pattern of small squares.

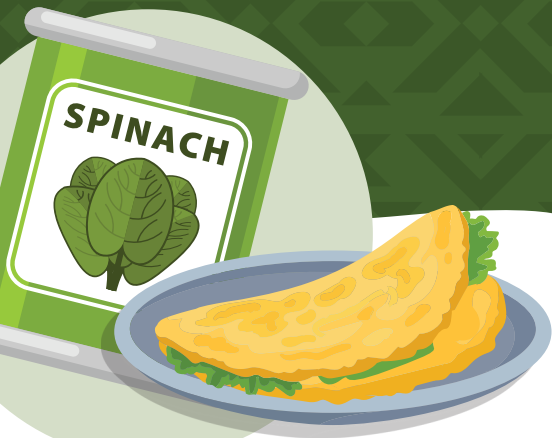
# Eat the Rainbow!

Choose seasonal fresh vegetables to add color and nutrients to your dinner. Brighten up your pasta by adding chopped summer squash and bell peppers.



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Yes,  
**You Can!**

Did you know you can use canned vegetables at breakfast too? Try mixing canned pumpkin into oatmeal or adding canned spinach to an omelet with cheese.



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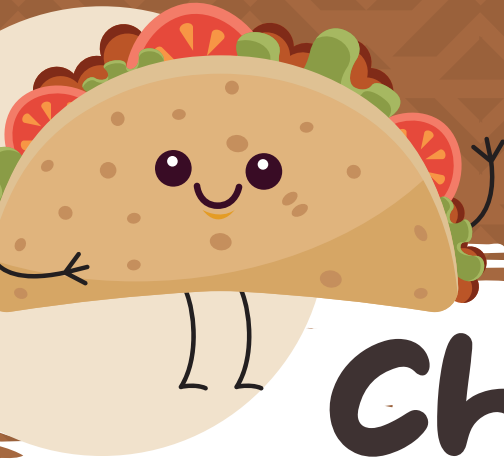
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# Swap the Salt

All canned veggies and beans offered here are low sodium or no salt added to support a heart healthy diet.





# Choose Whole Grains

Use a whole-grain tortilla to build a better taco that adds fiber to your meal and supports a healthy digestive system.



# Go Lean

with Protein

Salmon, walleye, and catfish are great sources of protein that keep your muscles strong and your body energized throughout the day.