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FRUIT: FRESH, FROZEN OR CANNED Choose fruit canned in 100% fruit juice or water. (outer aisle, freezer section, canned fruit aisle)

VEGETABLE: FRESH, FROZEN, OR CANNED Choose

- Summer squash (yellow, zucchini)
- snap, snow)
- Peppers (bell, hot)
- Potatoes (sweet or white)

- wheat
- Tortillas (reduced fat)
- Whole-wheat flour

Beans, canned (reduced-sodium)

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