

5 small changes for **BETTER HEALTH**



1

Make half your plate **fruits and veggies**

Fruits and veggies are great sources of vitamins, minerals, and fiber. Fiber keeps you full and satisfied.

Tasty Options

- Whole fruits or vegetables
- 100% fruit or vegetable juices
- Dried fruits or vegetables
- Canned fruits or vegetables
- Beans and peas
- Berries
- Melons

Tasty Options

- Whole wheat products
- Brown rice
- Popcorn
- Oatmeal
- Bulgar
- Quinoa

Make half your grains **whole grains**

Grains are a great source of carbohydrates, our body's preferred source of energy. They provide vitamins and minerals, too. Whole grains have more nutrition than refined grains.

2



3

Move to **low-fat** **and fat-free dairy**

Calcium builds strong bones and teeth. Dairy foods are great sources of calcium.

Tasty Options

- Fat-free and low-fat milk
- Fat-free and low-fat yogurt
- Reduced-fat cottage cheese
- Reduced-fat hard cheeses
- Calcium-fortified soy milk
- Reduced-fat milk desserts

Tasty Options

- Lean beef
- Poultry
- Fish
- Eggs
- Nuts and seeds
- Beans and legumes

Vary your protein routine

Protein keeps your cells strong and healthy. It is important to get protein from both plant and animal sources.



4

5

Compare the saturated fat, sodium, and added sugars in your foods and beverages

Read the nutrition facts label to find products with less saturated fat and sodium. Use the ingredient list to find choices with fewer added sugars. Cut back on fruit drinks and sugary sodas. Water is your best choice!



Tasty Options

- Nuts and seeds
- Vegetable oils
- Low-sodium versions of food
- No added-sugar foods

Choose Thumbs Up for Healthy Choices



Teach clients to look for the Thumbs Up sign to find foods that are:

HIGH IN	LOW IN
Vitamins	Sodium
Minerals	Added sugar
Fiber	Saturated and trans fats

Elements of the program in the food pantry

- | | |
|---------------------------------|---|
| Shelf-talkers | Shelf-talkers are small signs placed in front of healthy food items. They encourage clients to choose the labeled items. |
| Shelf-educators | Shelf-educators give more details about the health benefits of the most commonly found healthy food items in the pantry. |
| Informational posters | Posters give more detail on why a particular food is healthy and how to prepare the food in a delicious meal. |
| Recipe cards and samples | Sharing simple recipes that use healthy foods will increase the likeliness of a client choosing the healthier food item. |
| Prepackaged recipe bags | Clients may have the opportunity to opt for a prepackaged recipe bag where all the necessary ingredients are gathered to create a healthy meal. |

CREATE SNAP-ED
BETTER HEALTH

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