

Vegetables

Fruits

Broccoli

Carrot

Cauliflower

Corn

Green Bean

Iceberg Lettuce

Mushroom

Onion

Potato

Romaine Lettuce

Spinach

Sweet Potato

Tomato

Tomato Juice

Zucchini

Apple

Banana

Fruit Cocktail

Grapefruit

Grape

Mango

Orange Juice

Oranges

Peaches

Plums

Raisin

Strawberries



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This material was produced by the California Department of Public Health's *Network for a Healthy California* with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.

Grains

Cereal

Corn Flakes

Saltine Cracker

Brown Rice

Cornbread

Whole Wheat Wafer

Flour Tortilla

Whole Wheat Bread

Popcorn

Rice

Oatmeal

Hamburger Bun



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Protein

Chicken

Cashew Nuts

Black Beans

Walnuts

Almonds

Pinto Beans

Salmon

Prawns/Shrimp

Steak

Pork Chop

Kidney Bean

Mixed Nuts

Lunch Meat (Ham)



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Dairy Products

Grated Yellow Cheese

Frozen Yogurt

Swiss Cheese

Low fat Yogurt

Non fat Milk



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