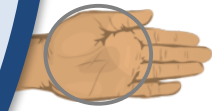


Use your hand to measure the right amount of food.

Use an adult hand for adult portions. Use a child's hand for child portions



A Fist
Amount of grains/starch, fruit and veggie



Palm of Hand
Amount of lean protein



A Thumb
Amount of cheese



Thumb tip
Amount of oil or butter

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7" plate for children
9" plate for teens & adults

To Build Your Own Healing Box ask for:



FRUITS

Choose fresh when available or canned with no sugar or fat added (avoid sugar in the ingredient list)

- Unsweetened applesauce
- Mandarin oranges
- Peaches
- Pears
- Pineapple
- Tropical fruit
- Fruit cup or canned in water or its own juice
- Unsweetened dried fruit, like raisins and prunes
- Any fresh fruits: apples, oranges, bananas

Tip! To avoid added sugar, check the **ingredient list**

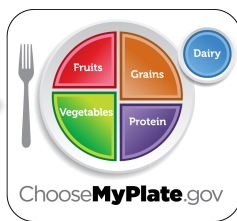


VEGETABLES

Choose fresh when available or canned with no added fat, sugar or salt.

- Asparagus
- Artichokes
- Green beans
- Collard greens (low salt)
- Carrots, canned or fresh
- Mixed vegetables
- Mushrooms
- Okra
- Pumpkin
- Tomatoes (low salt)
- Spaghetti sauce

Tip! Drain and rinse to remove over half of the salt from canned foods



If you have allergies do not consume foods containing ingredients to which you are allergic



GRAINS & STARCHY VEGGIES

***Choose whole grains; Whole wheat/grain (not enriched) should be listed first on the ingredient list**

- Brown rice*
- Cereal* (<10 g sugar)
- Wheat noodles*
- Wheat breads*
- Grits, unflavored
- Granola bar (<10 g sugar)
- Tortilla (corn or wheat)*
- Quinoa (high protein)
- Oatmeal (plain)
- Whole grain crackers*
- Stuffing mix
- Corn bread mix (baked)
- Low-fat mac n' cheese
- Popcorn kernels

STARCHY VEGETABLES:

- Canned corn
- Lima beans
- Mashed potato flakes
- Sweet potatoes
- Sweet peas



PROTEIN

For filling fiber, choose more plant-based protein, like beans, lentils and nuts

- All canned & dried beans: pinto, black, kidney, white beans; chickpeas, black-eyed peas (drain & rinse canned to reduce salt)
- Lentils (cooks in 20 min)
- Baked beans
- Canned chicken breast
- Canned or packaged salmon & tuna (in water)
- Hummus dip (chickpeas)
- Peanut butter (no added sugar is best)
- Nuts and seeds (peanuts, sunflower seeds, almonds, walnuts)
- Bean, lentil or split pea soup
- Low-salt chicken and beef broths



DAIRY

Choose fat-free or low-fat dairy; check the ingredient list for added sugars.

- Non-perishable milk boxes (skim, 1% or 2%)
- Sugar-free pudding cups
- Sugar-free pudding mixes
- Instant dry milk powder

Say "NO THANKS" to:

- Drinks (juices, soda, teas)
- Cakes and cookies
- Sweet breads/muffins
- Chips and fried snacks
- Sugary cereals & bars
- Candy and chocolate
- Canned ravioli & pastas
- Most canned soups (unless stretched by adding beans/vegetables)

They have few nutrients, don't fill you up & have too much salt, unhealthy fat and/or sugar

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