

Name _____

Food Chart

Use this chart to help you choose foods to eat most often, foods to eat sometimes, and foods to eat least often.

	Eat More	Eat Some	Eat Less
Fruit	Fresh, frozen, and canned fruit without added sugar or syrup Examples: apples, bananas, pears	Dried fruit, fruit pouches, 100% fruit juice, fruits canned in light syrup	Fruit Snacks, fruit canned in heavy syrup, frozen fruit with added sugar, fruit flavored drinks
Vegetables	Fresh, frozen, and canned veggies without added salt, fat, or sauces Examples: carrots, celery, spinach	Veggies with fat, salt, and sauces Examples: veggies canned in salt, veggies with cheese or sauces	Deep fried vegetables and fries, veggie chips
Dairy	Block cheese, shredded cheese, string cheese, cottage cheese, milk, plain yogurt	Flavored yogurt	Chocolate milk, fried cheese, ice cream, frozen yogurt, flavored pudding
Grains	Whole grain foods Examples: bread, pasta, rice, bagels, tortillas, crackers, oatmeal, cereal	White, refined grain foods Examples: bagels, biscuits, pancakes, crackers, rice	Donuts, sugary muffins, pastries, sugary cereals
Protein	Beans, egg whites, fish, tofu, tuna (canned in water), skinless chicken or turkey, extra lean beef	Lean ground beef, ham, nuts and seeds, peanut butter/nut butter, tuna (canned in oil), eggs	Fried meat or eggs, chicken nuggets, ground beef, hot dogs, pepperoni, sausage
Snacks	All fresh fruit and vegetables Try it with hummus or a side of plain yogurt!	Air-popped popcorn, dried fruit, frozen juice bars, granola bars, nuts, crackers, fruit pouches	Baked goods, desserts, salty snacks Examples: cookies, cake, pie, chips, cheese puffs, buttered popcorn
Condiments	Hummus, avocado, pesto, guacamole, red marinara	Ketchup, mustard, mayo, butter, salad dressings	Cheese sauces and syrups Examples: alfredo and nacho sauce, maple and blueberry syrup
Drinks	Water and milk	100% fruit juice	Soda, sports drinks, chocolate milk, lemonade, fruit flavored drinks, juice powders