

Name _____

Food Chart

Just like race cars need the best fuel, your body and brain run best on whole, nutritious foods. Use this food chart as a general guide to help you enjoy a variety of foods, with more whole foods for energy and growth, and processed foods occasionally.

	Have More	Have Some	Have 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, frozen 100% fruit juice bars	Fruit Snacks, fruit canned in heavy syrup, frozen fruit with added sugar, popsicles
Vegetables	Fresh, frozen, and canned veggies with no 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	Butter, fried cheese, ice cream, frozen yogurt, flavored pudding
Grains	Whole grain foods Examples: bread, pasta, brown rice, bagels, flour tortillas, crackers, oatmeal, cereal	White/refined grain foods Examples: bagels, crackers, white rice, granola bars, air-popped popcorn	Donuts, muffins, pastries, sugary cereals, cookies, cake, pie, chips, cheese puffs, buttered popcorn
Protein	Beans, lentils, egg whites, fish, tofu, tuna, skinless chicken or turkey, extra lean beef, nut butter, nuts & seeds	Lean ground beef, ham, eggs	Fried meat/eggs, chicken nuggets, ground beef, hot dogs, pepperoni, sausage, protein bars/powders
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, milk, unsweetened/unflavored non-dairy milk	100% fruit juice	Soda, sports drinks, chocolate milk, lemonade, fruit flavored drinks, juice powders