

## Grain Group (Orange Aisle)

- Bagels
- Brown rice
- Bulgur/cracked wheat
- Corn flakes
- Couscous
- Enriched white bread
- Flour/corn tortillas
- Oatmeal
- Pasta noodles
- Popcorn
- Pretzels
- Wheat cereal
- White rice
- Whole grain barley
- Whole wheat bread
- Whole wheat crackers
- Whole wheat cereal
- Whole wheat sandwich buns and rolls
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- \_\_\_\_\_
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## Vegetable Group (Green Aisle)

- Broccoli
- Brussels sprouts
- Carrots
- Green beans
- Green cabbage
- Green onion
- Green, orange, red and yellow bell peppers
- Mixed salad greens
- Mushrooms
- Peas
- Potatoes
- Radishes
- Red cabbage
- Red onions
- Red potatoes
- Romaine lettuce
- Spinach
- Summer squash
- Sweet corn
- Sweet potatoes
- Tomatoes
- Zucchini
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## Fruit Group (Red Aisle)

- Avocados
- Apricots
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dried plums
- Figs
- Grapes
- Grapefruit
- Kiwifruit
- Mangos
- Orange juice
- Peaches
- Pineapples
- Plums
- Raisins
- Raspberries
- Strawberries
- Watermelon
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## Milk Group (Blue Aisle)

- ### Lowfat cheese
- American
  - Cheddar
  - Cottage Cheese
  - Mozzarella
  - Parmesan
  - Ricotta
  - Swiss
  - Fat-free or lowfat milk
  - Fat-free or lowfat yogurt
  - Lactose free milks
  - Lactose reduced milks
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## Meat & Bean Group (Purple Aisle)

- ### Beans and Seeds
- Almonds
  - Black beans
  - Cashews
  - Chickpeas (garbanzo beans)
  - Kidney beans
  - Lentils
  - Peanut butter
  - Peanuts
  - Pinto beans
  - Pumpkin seeds
  - Soy beans
  - Sunflower seeds
  - Tofu
  - Walnuts

### Beef

- 90-95% lean ground beef
- Bottom round roast or steak
- Brisket, flat half
- Eye round roast or steak
- T-Bone steak
- Top sirloin steak

### Chicken

- Skinless chicken breast
- Skinless turkey
- Lean ground poultry
- Eggs

### Fish

- Cod
- Flounder
- Halibut
- Salmon
- Light tuna, canned in water

### Pork

- Tenderloin
- Boneless loin roast
- Boneless loin chops

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## Oils (Yellow Aisle)

- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Soybean oil
- Sunflower oil
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