

Buttons



Shelf Talkers



DECAP 40-252, Jul 2005 Make It Healthy - Daily Value



DECAP 40-253, Jul 2005 Make It Healthy - canned /dried fruits



Canned meat, poultry & fish are good sources of protein. Read the label! Look for low sodium, saturated fat & cholesterol.

Top your salad with canned meat, poultry or fish!

Visit www.commissaries.com for more healthy tips.

Based on the 2000 Divizery Guidelines for Americans



DECAP 40-254, Jul 2005 Make It Healthy - canned meats and fish



Healthy Tips!

Choose a variety of vegetables each day. Select from dark green, orange, legumes & starchy vegetables several times a week.

Include vegetables in pastas & soup!

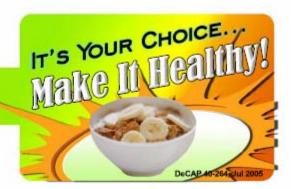
Visit www.commissaries.com for more healthy tips.

Besed on the 2005 Distary Guidelines for Americans



DECAP 40-255, Jul 2005 Make It Healthy - canned vegetables





Limit added sugars such as high fructose corn syrup, sucrose & syrup. Look for high fiber & whole grains.

Top your cereal with fresh fruit!

Visit www.commissaries.com for more healthy tips.

Based on the 2005 Divizing Guidelines for Americans



DECAP 40-256, Jul 2005 Make It Healthy -cereals





Healthy Tips!

Look for fat-free or low-fat milk or milk products.

Make fruit & yogurt smoothies in your blender!

Visit www.commissaries.com for more healthy tips.

Based on the 2005 Divisiry Guidelines for Americans



DECAP 40-258, Jul 2005 Make It Healthy - dairy



Look for frozen pizza/entrees low in saturated & trans fats, cholesterol, and sodium. Watch calories/serving sizes!

Top frozen pizza with fresh vegetables!

Visit www.commissaries.com for more healthy tips.

Based on the 2006 Distary Guidelines for Americans



DECAP 40-259, Jul 2005 Make It Healthy -pizza and entrees



Healthy Tipsl

Look for 100% fruit juice. Limit added sugars such as high fructose corn syrup, sucrose & glucose.

Frozen juice bars make refreshing alternatives to high-fat snacks!

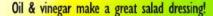
Visit www.commissaries.com for more healthy tips.
Based on the 2005 Deltary Gudelines for Americans



DECAP 40-260, Jul 2005 Make It Healthy - juice



Look for fats & oils low in saturated & trans fats such as vegetable oils like canola, olive, peanut, soybean, corn, safflower & sunflower.



Visit www.commissaries.com for more healthy tips.

Based on the 2005 Dietary Gudelines for Americans.



DECAP 40-261, Jul 2005 Make It Healthy - fats & oils





Healthy Tips!

Look for whole-grain ingredients (such as wheat, oats, rye, or oatmeal) listed first on the label; or wild or brown rice.

Try whole-grain flour or oatmeal when making cookies or other baked treats!

Visit www.commissaries.com for more healthy tips, Based on the 2005 Dietary Guidelines for Americans



DECAP 40-262, Jul 2005 Make It Healthy -bread/rice/pasta





Choose snacks low in saturated & trans fats, cholesterol, and sodium.

Try whole grain cereals as a snack alternative!

Visit www.commissaries.com for more healthy tips.

Based on the 2005 Distary Guidelines for Americans



DECAP 40-263, Jul 2005 Make It Healthy - snacks





Food Safety Tips!

Chill (refrigerate) perishable foods promptly.

Never defrost food at room temperature.

Refrigerate or freeze prepared foods & leftovers within two hours.

Visit www.commissaries.com for more food safety tips.

Besed on the 2005 Distary Guidelines for Americans



DECAP 40-264, Jul 2005 Make It Healthy - refrigerate





Food Safety Tips!

Wash fruits & vegetables before preparing or eating.

Keep fruits & vegetables separate from raw meat, poultry & seafood while shopping, preparing or storing foods.

Visit www.commissaries.com for more food safety tips.

Based on the 2005 Dietary Guidelines for Americans



DECAP 40-266, Jul 2005 Make It Healthy – food prep





Food Safety Tipsl

Avoid raw or partially cooked eggs, foods containing raw eggs or raw/undercooked meat & poultry.

Wash hands, cutting boards, counter tops & utensils in hot soapy water after every use.

Visit www.commissaries.com for more food safety tips.

Besed on the 2005 Distary Guidelines for Americans



DECAP 40-265, Jul 2005 Make It Healthy - wash up!