

*Where else...*

**...can you find fresh "HEALTHY" foods?**

**...can you keep your finances "HEALTHY" with overall savings of 30% or more?**

**...can you find shelf signs with tips to help you eat "HEALTHY" and keep you safe?**

Healthy Choices FOR LIFE

IT'S YOUR CHOICE...  
Make It Healthy!

*...only at your  
Commissary*

Healthy Choices FOR LIFE

[www.commissaries.com](http://www.commissaries.com)

JCS

Buttons



# Shelf Talkers



**Healthy Tips!**

Look at the daily values on food labels to see how much fat, cholesterol, sodium & fiber is in the products you buy.

Low = 5% DV or less  
High = 20% DV or more

Visit [www.commissaries.com](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans

**Healthy Choices FOR LIFE**

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



**Healthy Tips!**

Canned fruits are nutritionally similar to fresh or frozen. Avoiding added sugars? Look for fruit packed in natural juice or water.

Try dried fruit for a quick snack!

Visit [www.commissaries.com](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans

**Healthy Choices FOR LIFE**

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



**Healthy Tips!**

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](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary 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](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans

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





**IT'S YOUR CHOICE...  
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DeCAP 40-264 Jul 2005

**Healthy Tips!**

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](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans



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



**IT'S YOUR CHOICE...  
Make It Healthy!**



DeCAP 40-264 Jul 2005

**Healthy Tips!**

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

Make fruit & yogurt smoothies in your blender!

Visit [www.commissaries.com](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans



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



**Healthy Tips!**

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](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans

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



**Healthy Tips!**

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](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans

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



**Healthy Tips!**

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

Oil & vinegar make a great salad dressing!

Visit [www.commissaries.com](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines 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](http://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





**Healthy Tips!**

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

Try whole grain cereals as a snack alternative!

Visit [www.commissaries.com](http://www.commissaries.com) for more healthy tips.

Based on the 2005 Dietary Guidelines for Americans



**Healthy Choices FOR LIFE**



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](http://www.commissaries.com) for more food safety tips.

Based on the 2005 Dietary Guidelines for Americans



**Healthy Choices FOR LIFE**



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](http://www.commissaries.com) for more food safety tips.

Based on the 2005 Dietary Guidelines for Americans

**Healthy Choices FOR LIFE**

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



**Food Safety Tips!**

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](http://www.commissaries.com) for more food safety tips.

Based on the 2005 Dietary Guidelines for Americans

**Healthy Choices FOR LIFE**

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