

Sell Most Often

Vegetables and fruit

Sell fresh vegetables or fruit as a side or with a healthy dip. Offer fruit canned in juice or water. Use dried fruit with no added sugar, salt or fat.

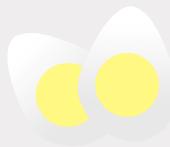
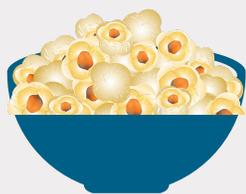


Whole grain as the first ingredient

Sell whole grain breads, cold cereals, pancakes and muffins. Offer whole grain hot cereals with no added sugar, such as oatmeal or cornmeal. Use quinoa, brown rice, barley or whole grain pasta.

Lean protein foods

Add plant based proteins like beans, lentils, tofu, peas and plain nuts and seeds to snacks and meals. Provide options with fish or shellfish, lean cuts of beef, pork and poultry. Include boiled eggs, lower fat cheeses, yogurt or cottage cheese.



Healthy snacks in healthy portions

Focus on products with little-to-no added fat, salt and sugar. Sell trail mixes and nut, fruit or protein bars without added sugar. Offer whole grain crackers, popcorn and rice cakes. Yogurts, cheese strings, fruit cups and vegetable sticks are all great options.

Drinks with no added sugar

Promote plain, flavoured and carbonated water with no added sugar. Offer other no added sugar drinks such as milk, fortified plant beverages, fruit and vegetable smoothies, coffee and tea.

