



# Stocking Healthy Foods

Healthy items can be found throughout your store — in the cooler, in the freezer, and on the shelf. Consider stocking your store with the healthy options listed here. Use this resource when ordering or selecting items to ensure that your store is filled with healthy inventory.

## IN THE COOLER

Beverages	Fruits and vegetables	Dairy	Protein foods
<ul style="list-style-type: none"> <li>Bottled water</li> <li>100% fruit juices, such as orange, grapefruit or apple <i>Look for the words 100% juice on the label.</i></li> <li>Low-sodium vegetable juices <i>The label should say no salt added or low sodium.</i></li> </ul>	<ul style="list-style-type: none"> <li>Whole fruits, such as apples, grapes, pears, cantaloupe, grapefruit, strawberries, peaches, nectarines, kiwi</li> <li>Whole vegetables, such as asparagus, broccoli, cabbage, carrots, cauliflower, celery, cucumbers, green onions, lettuce, spinach, leafy greens, mushrooms, peppers, radishes</li> <li>Grab-and-go containers of sliced fruits or vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Nonfat, skim or 1% milk</li> <li>Low-fat or nonfat yogurt</li> <li>Low-fat cheese</li> </ul>	<ul style="list-style-type: none"> <li>Lean meats <i>Lean cuts of beef and pork have little visible fat inside the muscle (white marbling) or around the edges. Ground meat should be 10% fat or less (for example, 90/10 meat is 90% lean and 10% fat).</i></li> <li>Fish without breading or batter</li> <li>Poultry</li> <li>Eggs</li> </ul>

### SIMPLE CHANGES TO CREATE A HEALTHIER STORE

#### Stock more of these items:

- Bottled water and 100% juices
- Healthy snack items: baked chips, low-salt pretzels, low-fat yogurt, whole-grain crackers, granola bars
- Whole grains: whole-grain bread, oatmeal
- Canned and packaged foods labeled low or reduced sodium
- Fresh and frozen fruits and vegetables
- Low-fat dairy: 1% or nonfat milk, yogurt or cheese



## IN THE FREEZER

Beverages	Fruits and vegetables	Dairy	Protein foods
<ul style="list-style-type: none"> <li>Frozen 100% fruit juice concentrate</li> </ul>	<ul style="list-style-type: none"> <li>Frozen fruit, without added sugar</li> <li>Frozen vegetables, without added sauce</li> </ul>	<ul style="list-style-type: none"> <li>Frozen yogurt</li> <li>Frozen Greek yogurt bars</li> </ul>	<ul style="list-style-type: none"> <li><b>Lean meats</b> <i>Lean cuts of beef and pork have little visible fat inside the muscle (white marbling) or around the edges. Ground meat should be 10% fat or less (for example, 90/10 meat is 90% lean and 10% fat).</i></li> <li>Fish and poultry without breading or batter</li> </ul>

## ON THE SHELF

Beverages	Fruits and vegetables	Protein foods	Grains
<ul style="list-style-type: none"> <li>Bottled water</li> <li>100% fruit juices <i>Look for the words 100% juice on the label.</i></li> <li>Low-sodium vegetable juices <i>The label should say <b>no salt added</b> or <b>low sodium</b>.</i></li> </ul>	<ul style="list-style-type: none"> <li>Fruits such as bananas, grapefruit, limes, melons, oranges and pineapple</li> <li>Vegetables such as potatoes, onions, tomatoes and avocados</li> <li>Canned fruit in 100% fruit juice</li> <li>Canned vegetables and tomato sauce labeled low or reduced sodium</li> <li>Dried fruits and vegetables, such as raisins and cranberries</li> </ul>	<ul style="list-style-type: none"> <li>Dried or canned beans <i>If canned, use low- or reduced-sodium varieties.</i></li> <li>Low- or no-salt seeds and nuts</li> <li>Peanut butter and other nut butters</li> <li>Canned meat or fish in water <i>For example, chicken, tuna, salmon</i></li> </ul>	<ul style="list-style-type: none"> <li>Whole-grain bread, pasta, crackers and cereals <i>The first ingredient should include the word <b>whole</b>. For example: INGREDIENTS: whole-wheat flour, sugar, oil, etc.</i></li> <li>Oatmeal: regular, quick or instant</li> <li>Brown or wild rice</li> <li>Baked chips</li> <li>Low- or reduced-salt/ sodium pretzels, popcorn and crackers</li> <li>Granola bars</li> <li>Graham crackers</li> </ul>

### SHOWCASE YOUR HEALTHY INVENTORY

Check out the retailer resources [Displaying Healthy Foods](#) and [Creating a Healthy End Cap](#) for tips on how to showcase the healthy inventory in your store.