

These are just a few ideas to start with. For a full list of “Choose Most” and “Choose Sometimes” foods go to www.brandnamefoodlist.ca

All suggestions are sold at either Overwaitea or Extra Foods

GRAINS

Kashi – Granola bars – all flavours

Kellogg’s – All-Bran Bars – all flavours

Kellogg’s – Nutrigrain Munch’ems – Honey Oat, Brown Sugar Cinnamon

Kellogg’s – Rice Krispies Squares – Original

Nature Valley – Crunchy Granola Bars – all flavours

Quaker – Oatmeal to Go Bars – Cinnamon, Apple, Honey & Oats

Western Classics – Cereal Bars – all flavours

JUICE

Any juice that is 100% juice with no sugar added

MILK BEVERAGE

Dairyland – Milk to Go – 2% Plain, Chillin’ Chocolate, Strawberry Splash

MILK FOOD

Yogurt – any brand that is fat free to 2% and is 175 grams or lower

Black Diamond – Cheese Strings

Babybel – Mini Cheese

NUT/SEED

Kellogg’s – Nutri-Grain Sweet & Salty Nut Bars – all flavours

VEG/FRUIT FOOD

Any fruit bowls that are packed in either fruit juice or light syrup

Motts – Fruitsations – all flavours

Ocean Spray – Craisins

Sun-Rype – Fruit Source Bars – all flavours

Sun-Rype – Fruit to Go – all flavours

Sun-Rype – Fruit to Go Fun Bites – all flavours