

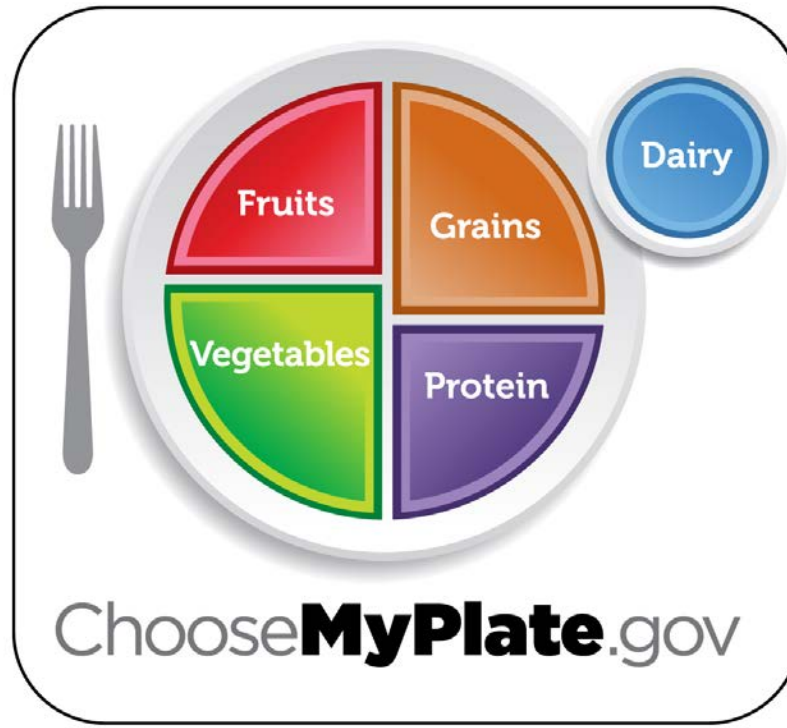
# Smart Shopping with MyPlate

## Fruits

- Buy fresh fruits in season
- Look for canned fruits in 100% fruit juice
- Stock up on canned fruits when on sale
- Use frozen fruits in smoothies, pancakes, or to top yogurt

## Vegetables

- Buy locally-grown fresh veggies
- Know what fresh veggies are in season
- Try a farmer's market
- Choose "no salt added" canned vegetables
- Frozen vegetables are just as nutritious as fresh!



## Dairy

- Buy larger-sized containers
- Dry milk is shelf stable
- Choose low fat or fat free (no additional cost!)

## Grains

- Buy unprocessed rice and pasta to save money & reduce sodium
- Buy bread on manager's special & freeze it
- Choose larger packages

## Protein

- Beans, lentils, & peas are nutritious protein foods
- Buy meat on sale & cook or freeze for later



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