

# GETTING MORE NUTRITIOUS FOOD TO YOUR CLIENTS

Together we can be healthier.

We want all individuals who eat food from our Food Bank to get the **most** out of that food that they possibly can. Food packed with nutrients can benefit your clients' bodies and minds. Most preventable diseases are caused by a poor diet, so it is extremely important to teach clients about **healthy eating habits**. BVFB's Nutrition Education team works to *prevent* disease in the people we serve through teaching healthy eating habits and providing nutritious foods, and we would love for all of our partners and agencies to help us with that mission. **A simple way to follow a healthy diet is to eat all 5 food groups, everyday (see MyPlate icon at bottom of page).**

## Food Types BVFB considers Nutritious:

- Produce
- Cereal
- Pasta
- Rice
- Grains (Grits, Flour, Cornmeal, Dry staples)
- Vegetables Canned/Frozen
- Fruits Canned/Frozen
- Dairy Products
- Non-dairy Dairy
- Meat/Fish/Poultry
- Non-Meat Protein
- Meals/Entrees/Soups
- Nutritional Aids (Ensure)
- Dressing
- 100% Juice
- Baby food/Formula
- Dough

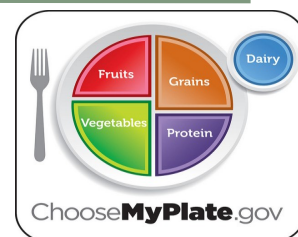
## What's Healthiest? - Details:

### Grains

- Bread, Pasta, Cereal, Rice, Oats with "100% whole grain/wheat" on label
- Bread, Pasta, Cereal, Rice, Oats with "whole \_\_\_\_" listed as the first ingredient

### Protein

- Eggs
- Nuts, Seeds, Beans, and Lentils w/ nothing added
- Meat, Poultry, and Seafood low in sodium ( $\leq 480\text{mg}$ /serving)



### Fruits & Vegetables

- If canned - Fruits in 100% juice, Vegetables low in sodium/no salt added
- Fruit juices - "100% juice"

### Dairy

- Unflavored/Unsweetened low-fat (1%) or non-fat (skim) milk or yogurt
- Flavored non-fat (skim) milk or yogurt
- Cheese low in sodium ( $\leq 480\text{mg}$ /serving) and saturated fat ( $\leq 3\text{g}$ /serving)



To schedule a **nutrition class** or **cooking demo** visit [www.BVFB.org](http://www.BVFB.org)