



## Shopping List

[www.k-state.edu/lafene/smartcartshopping.pdf](http://www.k-state.edu/lafene/smartcartshopping.pdf)



### Bread, Cereal, Rice, Pasta

Go for the whole grain option.

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### Fruits

Fresh, dried or canned—all part of a healthy game plan.

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\_\_\_\_\_  
\_\_\_\_\_ 100% fruit juice

### Vegetables

'Sack' raw & frozen veggies...or ready-to-eat from the salad bar

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\_\_\_\_\_  
\_\_\_\_\_ 100% vegetable juice

### Meat, Poultry, Fish, Legumes, Eggs, Nuts

Score big with lean meat cuts. (round, loin, skinless)

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### Milk, Yogurt, Cheese

Get 3-4 a day for the Blitz! (low fat for a tight end)

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### Fats, Oils, Sweets

'Pass' on hydrogenated/trans fats.

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Power up with wise plays at the supermarket!

More nutrition information at [www.k-state.edu/lafene](http://www.k-state.edu/lafene)  
Lafene Health Center  
785.532.6595



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### Bread, Cereal, Rice, Pasta

Rough it up with 25-30 grams of fiber a day.

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### Fruits

Tackle low energy with fruit—nature's 'fast food'.

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\_\_\_\_\_  
\_\_\_\_\_ 100% fruit juice

### Vegetables

Move veggies off the sideline.

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\_\_\_\_\_  
\_\_\_\_\_ 100% vegetable juice

### Meat, Poultry, Fish, Legumes, Eggs, Nuts

Touchdown with fish twice a week.

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### Milk, Yogurt, Cheese

Don't fumble bone health. Get 3—4 servings a day!

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### Fats, Oils, Sweets

Put olive oil on your special teams.

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