



Shopping List

www.k-state.edu/lafene/smartcartshopping.pdf



Bread, Cereal, Rice, Pasta

Go for the whole grain option.

Fruits

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

_____ 100% fruit juice

Vegetables

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

_____ 100% vegetable juice

Meat, Poultry, Fish, Legumes, Eggs, Nuts

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

Milk, Yogurt, Cheese

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

Fats, Oils, Sweets

'Pass' on hydrogenated/trans fats.

Power up with wise plays at the supermarket!

More nutrition information at 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.

Fruits

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

_____ 100% fruit juice

Vegetables

Move veggies off the sideline.

_____ 100% vegetable juice

Meat, Poultry, Fish, Legumes, Eggs, Nuts

Touchdown with fish twice a week.

Milk, Yogurt, Cheese

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

Fats, Oils, Sweets

Put olive oil on your special teams.

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