



# Good Source of Protein

## PA Healthy Pantry Initiative

A project of Feeding PA in partnership  
with the PA Department of Health





# Diabetes Friendly

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**This food contains  
important vitamins  
and minerals.**

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# Whole Grain

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# No Added Sugar

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# Low Sodium

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# Heart Healthy

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**This food is high in  
Fiber; keeps you full  
longer and good  
for your heart.**

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# Healthy Option

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# Reading labels can help make healthy choices.

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Look at the label!

Choose foods with  
less than 5% of daily  
value of saturated  
fat and trans fat.

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Look at the label!

**Sodium content  
of 5% of daily  
value is low.**

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Look at the label!

Start with serving  
size to help with  
portion control.

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Look at the label!

**Choose fruit  
canned in juice  
instead of syrup.**

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Look at the label!

**Foods high in fiber  
have 3 grams or  
more per serving.**

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