



Healthy Option

PA Healthy Pantry Initiative

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





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

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Heart Healthy

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Low Sodium

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No Added Sugar

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Whole Grain

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

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Good Source of Protein

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Look at the label!

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

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Look at the label!

**Choose 100%
juice with no
added sugar.**

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Look at the label!

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

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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!

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

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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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Reading labels can help make healthy choices.

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Diabetes Friendly

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