

FIELD FRIENDLY FOODS



EAT FOODS FROM ALL OF THE FOOD
GROUPS AS PART OF A HEALTHY EATING
PATTERN.

FRUITS

Apples, Grapes, Bananas, Berries, Cut Melon, Raisins,
Dried Apricots, Prunes, or 100% Fruit Juice



VEGETABLES

Carrot Sticks or Chips, Cherry Tomatoes, Sliced
Cucumbers, Sugar Snap Peas, Celery Sticks, Broccoli or
Cauliflower Florets, Bell Peppers, Mushrooms, Sliced Zucchini,
or 100% Vegetable Juice



GRAINS

Brown Rice, White Rice, Cereal, Oatmeal, Whole-Grain
Bread, Tortillas, Flatbreads, Pasta, Popcorn, or Crackers



DAIRY

Cheese, String Cheese, Low-Fat Cottage Cheese,
Low-Fat Milk, or Low-Fat Yogurt



PROTEIN

Chicken, Pork Chops, Lean Ground Beef, Lunch Meat,
Tuna, Shrimp, Peanuts or Peanut Butter, Eggs, Nuts,
Canned Beans, or Prepared Dry Beans

