

# HEALTHY CONVENIENCE STORE FOOD FINDS

Find balanced options that help you save money while maintaining your nutrition needs.

## Lean Protein

- Chunk light tuna
- Canned chicken breasts
- Canned sardines
- Turkey pepperoni
- Canned beans



# DG



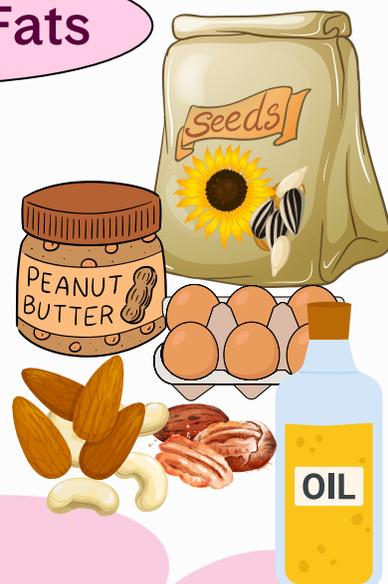
## Carbohydrates

- Instant oatmeal
- White or brown rice
- Pasta
- Canned fruit
- Canned vegetables



## Healthy Fats

- Sunflower seeds
- Peanut butter
- Eggs
- Nuts
- Canola oil



## TRAIL MIX

Can provide carbohydrates for energy and healthy fats for fullness



## QUICK TIP:

Many canned foods contain high amounts of salt, so purchase lower sodium options when available. Rinsing can remove half the sodium.

## Want More Information?

Scan QR code with your phone to view recipes and to learn more about making better food choices.

