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







Carbohydrates

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





- 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.



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