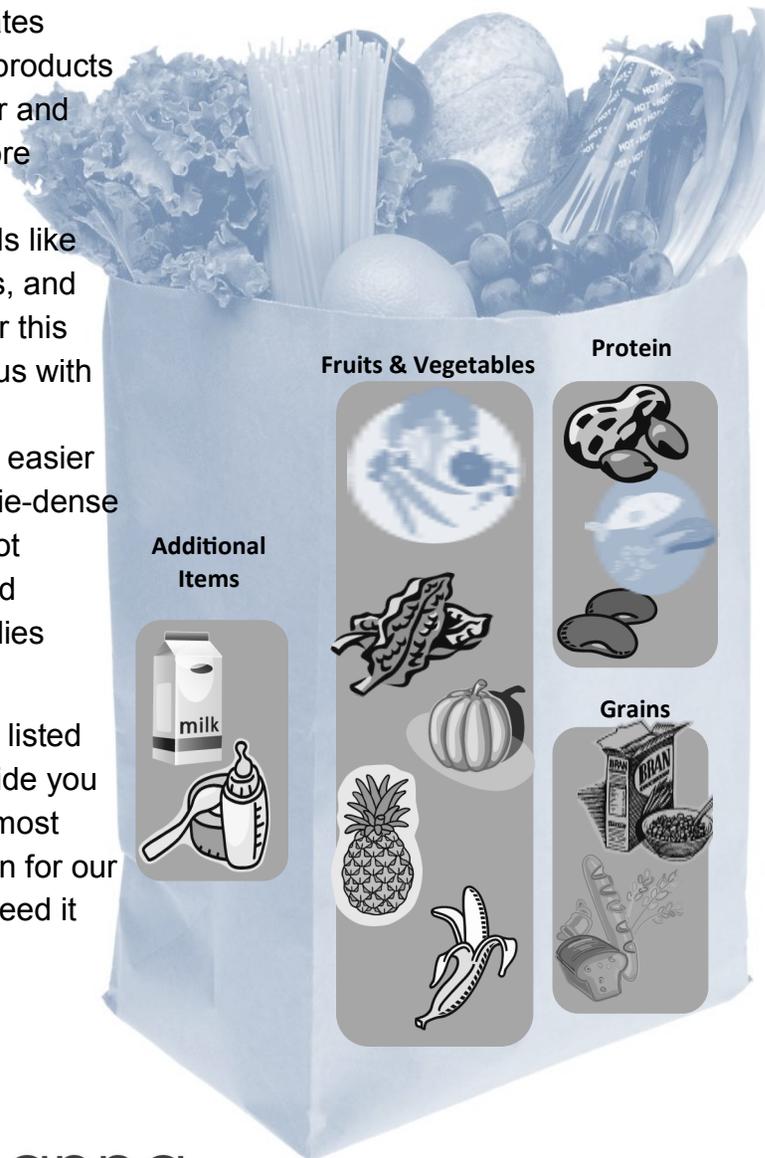


# Manna Food Center - Essential Foods

In the United States processed food products with added sugar and salt are often more affordable than nutrient-rich foods like fruits, vegetables, and whole grains. For this reason those of us with limited material resources find it easier to fill up on calorie-dense food that does not contain the varied nutrients our bodies need.

The suggestions listed here will help guide you in providing the most healthful donation for our neighbors who need it most.



## Fruits and Vegetables

Choose canned fruits and vegetables in an array of colors to provide a variety of vitamins and minerals.

- Low-sodium canned vegetables
- Canned tomato products with no added sugar or salt
- Canned fruit (in juice)
- Dried fruit (unsweetened)

## Protein

Choose canned lean meats as a good source of protein and canned or dry beans for added fiber.

- Canned tuna/salmon in water
- Canned chicken
- Canned beans
- Dried beans
- Nut butters
- Dry-roasted or raw nuts and seeds

## Grains

100% whole grains and grain products offer a complete package of nutrients.

- Brown rice
- Quinoa, buckwheat and other whole grains
- Whole-wheat pasta
- Rolled oats and plain instant oatmeal
- Low sugar, high fiber cereal

## Additional healthful items:

- Boxed (UHT) milk and milk alternatives
- Vegetable oils (olive, peanut, etc.)
- Dried herbs/spices
- Tea and coffee
- Vegetarian items (soups, chili)
- Baby food/formula