



Healthy Kids Shopping List

What is Easy to Eat Well?

Easy to Eat Well foods are foods that are easy on your child's body. Because they are made with no artificial additives, flavors, preservatives or highly refined ingredients, they are easy to digest, freeing up energy for their bodies to run, jump, play and study!

And because Easy To Eat Well foods are without artificial ingredients, the true flavor of each food comes through, teaching them true flavor for a tastier, healthier life.

Easy to Eat Well Foods include fresh and packaged products that meet the following requirements:

- Free from Artificial Additives, Flavors, and Preservatives
- Made with majority Whole Grains and Natural Sweeteners (or Made with limited use of refined ingredients).
- Made with Lean proteins; Low in Saturated Fats; ≤ 3g per serving
- Free from Manmade Transfats

The following list is merely intended to help point you in the right direction toward foods that will enhance your child's health. While all effort has been made to generate a list that is fully comprehensive, it should be recognized that product ingredients change and new products enter the market daily, thereby making this list imperfect. Please use it responsibly, as a guideline for brands and relative items and, as always consult a doctor with questions about changes to your child's eating plan and health.