

Grains

- Brown Rice
- Quinoa
- Couscous
- Whole grain pasta
- Whole grain cereal
- Rolled oats

Proteins

- Canned tuna
- Canned salmon
- Canned chicken
- Nuts
- Dried beans
- Dried lentils
- Canned low-sodium beans
- Non-hydrogenated nut butters

Produce

- Canned fruit in 100% fruit juice
- Canned low sodium vegetables
- Dried fruit (preferably with no added sugar)