

# Healthy Food Options for Retail Stores

A community's retail food environment shapes residents' food options and choices. For low-income communities, limited access to nutritious foods contributes to high rates of obesity, diabetes, and diet-related diseases.

Below are categories and examples of foods that small retail stores can stock to help improve neighborhood healthy food access. It is recommended that stores stock at least two or three healthy food recommendations from each category.



**Category A: Fruits & Vegetables.** This includes fresh or cut fruit and vegetables, dried fruit (with no added sugar), and/or fruit cups in 100% juice or water (not in syrup).

- **Fruit:** Apples, Bananas, Cantaloupe, Blueberries, Cherries, Grapes, Kiwifruit, Mangos, Nectarines, Peaches, Pears, Pineapples, Plums, Oranges, Raspberries, Strawberries, Watermelon
- **Vegetables:** Bell Peppers, Broccoli, Cactus Leaves, Cabbage, Carrots, Cauliflower, Chayotes, Chilis, Celery, Collard Greens, Corn, Cucumbers, Eggplant, Green Beans, Kale, Lettuce, Mushrooms, Onions, Potatoes, Spinach, Tomatoes, Zucchini



**Category B: Dairy.** This includes non-fat, skim or 1% low-fat milk foods such as:

- Milk, Yogurt, Cheese



**Category C: Protein.** This includes lean cuts of beef and pork and other low-fat products such as:

- Tuna, Chicken, Eggs



**Category D: Grains or Cereal.** This includes no sodium added dry beans, canned fish, nuts, or seeds and other products such as:

- Whole Wheat Products, Oatmeal or Whole Oats, Pasta, Brown Rice, Tortillas, Whole Grain Cereal, Beans, Hummus, Peanut Butter



**Category E: Drinks & Snacks.** This includes snacks that do not have more than 250 calories per package, no more than 9 grams of fat, no trans fat, and has at least 2.5 grams of fiber.

- **Drinks:** Bottled Water, Carbonated Water with no added sugar, Single Serving of 100% Fruit or Vegetable Juice, Unsweetened Tea
- **Snacks:** Nuts or Seeds (not honey roasted), Trail Mix, Granola Bars, Pretzels, Crackers, Cereal Bars



Provided by the Health Education Council

The Health Education Council is a 501(c)3 nonprofit organization that cultivates health and well-being in underserved communities by leveraging the power of collaboration.

For more information visit [www.healthedcouncil.org](http://www.healthedcouncil.org)