Nutrition Policy

Foods to Encourage

Fruits and Vegetables
Fresh, frozen, or low-sodium canned

100% Whole Grain Foods
Ex: brown rice, whole wheat bread, whole wheat pasta, oatmeal

Low-Fat Dairy
Unflavored/unsweetened yogurt, milk, and milk substitutes

Lean Proteins
Ex: seafood, eggs, nuts, seeds, beans, lentils, poultry

100% Juice, fruit or vegetable

Foods to Reduce

High calorie and/or sugary, low nutrient foods

Bakery items high in sugar

Sugar-sweetened beverages

Foods high in trans-fats

Many recipients of food bank services report wishing they could afford to buy more fruits, vegetables and other nutritious foods in the grocery store but the prices are too high.

For more information, contact:
scrulcich@houstonfoodbank.org

36% of those seeking assistance reported at least one household member with diabetes

62% of households reported at least one member with high blood pressure