



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**



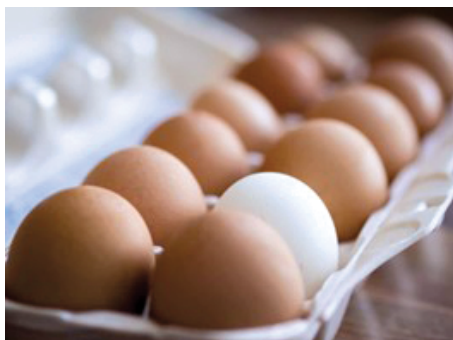
**RUTGERS®**



**Tofu**



**Lentils**



**Eggs**



**Milk**

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**Butter**



**Vegetable Oil**



**Soy Milk**



**Canned Beans**

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**Canned Tuna**



**Fresh Salmon**



**Frozen Shrimp**



**Veggie Burgers**

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**Turkey Burgers**



**Beef Burgers**



**Chicken Breasts**



**T-bone Steaks**

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**Pork Chops**



**Quinoa**



**Whole Wheat Pasta**



**Pineapples**

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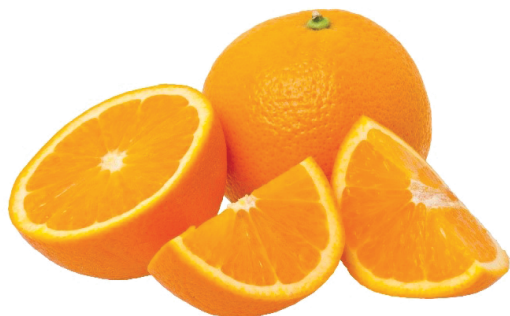
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**Oranges**



**Apples**



**Blueberries**



**Avocados**

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**Broccoli**



**Bell Peppers**



**Spinach**



**Pumpkins**

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**Carrots**



**Frozen Veggies**



**Frozen Fruit**



**Canned Veggies**

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**RUTGERS®**



**Frozen Fruit Popsicles**



**Ice Cream**



**Brownies**



**Cookies**

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**RUTGERS®**



**White Bread**



**Whole Wheat Bread**



**White Rice**



**Brown Rice**

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**Chocolate Covered Fruit**



**Pasta with Sauce**



**Plain Pasta**



**Plain Non-fat Yogurt**

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**Cheese**



**Margarine**



**Frozen Veggies with Cheese**



**Frozen French Fries**

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**Tomatoes**



**Potatoes**



**Romaine Lettuce**



**Canned Fruit in Syrup**

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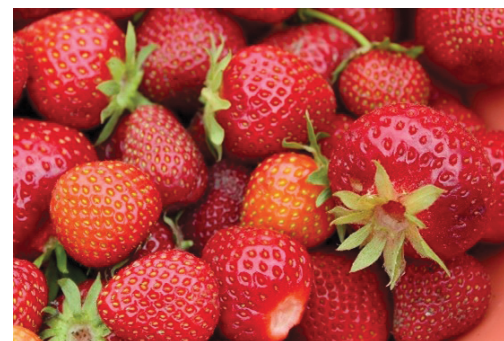
**Pears**



**Plums**



**Peaches**



**Strawberries**

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**Raisins**

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