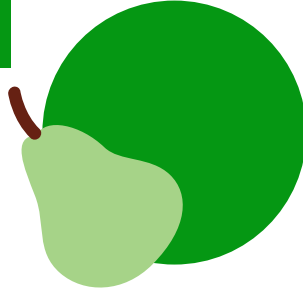


SIMPLE RULES OF THUMB

GREEN Foods

- All fresh fruits and vegetables
- Whole eggs
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee and tea



YELLOW Foods

- 100% fruit juice
- Regular "white" bread, pasta and tortillas
- White rice
- Whole milk
- Plain dried fruit such as raisins
- Diet soda



RED Foods

- Candy
- Regular soda and juice drinks
- Desserts such as ice cream, cookies and cake



NOT RANKED Foods

- Condiments like salad dressings and sauces
- Cooking staples such as flour, sugar, oil and spices
- Baby food
- Nutrient supplements (such as Ensure) or protein powders



**GREATER
CHICAGO
- FOOD -
DEPOSITORY.**