Boost your energy

With Best Choice and Better Choice commissary items

Items **bold** and with a **Best Choice** ☼ symbol on commissary lists meet healthier calorie, sodium, sugar, fat, and whole grain standards. Items with a Better Choice Δ symbol meet some of the healthier standards.

Check serving size and number of servings

- Nutrition Facts Label information is based on one serving, but many packages contain more.

Eat more dietary fiber

- Dietary fiber is in many foods, like fruits, vegetables, beans, nuts, and whole grains.
- Whole grains can help with weight management.
- Whole grains include brown rice, rolled oats, and any packaged food that lists whole before the grain in the ingredient list (for example, whole wheat vs. wheat).

Nutrition Facts

Serving Size 1 package (272g)
Servings Per Container 1

Amount Per Serving

Calories 300 — Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 30mg	**10%**
Sodium 430mg	**18%**
Total Carbohydrate 55g	**18%**
Dietary Fiber 6g	**24%**
Sugars 23g	
Protein 14g	
Vitamin A	80%
Vitamin C	35%
Calcium	6%
Iron	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT PASTA (WATER, WHOLE WHEAT FLOUR), COOKED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, MODIFIED TAPIOCA STARCH, CHICKEN FLAVOR [DRIED CHICKEN BROTH, CHICKEN POWDER, NATURAL FLAVOR], CARRAGEENAN, WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, CORN SYRUPSOLIDS, SODIUM PHOSPHATE, SALT), WATER, CARROTS, GREEN BEANS, APPLE JUICE CONCENTRATE, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), APPLES (APPLES, CITRIC ACID, SALT, WATER), CONTAINS 2% OR LESS OF: BUTTER (CREAM, SALT), MODIFIED CORNSTARCH, CHICKEN BROTH, ORANGE JUICE CONCENTRATE, APPLE CIDER VINEGAR, SUGAR, SOYBEAN OIL, SEA SALT, GINGER PUREE (GINGER, WATER, CITRIC ACID), YEAST EXTRACT, SPICES, LEMON JUICE CONCENTRATE, CITRIC ACID.

Reduce sodium for health

- Eating less sodium can decrease high blood pressure.
- Limit sodium to 2,300 mg or less per day (talk to your health care provider about recommended levels if you have health conditions).

Look at sugars

- Sugars are found naturally in many nutritious foods and beverages, and they are also added to foods and beverages for taste texture and preservation.
- Consuming less added sugars can help prevent and control diabetes.
- Added sugars hide in packaged foods under many names, including corn syrup and fructose.

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Look for these Best Choice commissary items

Best Choice Foods

- Brown Rice
- Corn tortillas
- Creamy peanut butter
- Crunchy peanut butter
- Dehydrated mushrooms
- Dehydrated vegetables
- Frosted shredded wheat
- Fruit & nut granola bar
- Instant oatmeal
- Oat & honey granola bar
- OvaEasy eggs
- Mixed nuts
- Raw Almonds
- Rolled Oats
- Shredded wheat
- Toasted oats
- Unsalted cashews
- Unsalted peanuts

Best Choice Beverages

- Celestial Seasonings green tea
- Celestial Seasonings tea (assorted)
- Decaf Keefe Coffee
- Folgers Coffee
- Instant milk
- Keefe Coffee
- Orange pekoe-black tea
- Talking Rain sparkling water
- Tasters Choice coffee
- V-8 Orginial
- Vita Rain Zero Water

Best Choice Condiments & Spices

- Chili Powder
- Curry Powder
- Garlic bulbs
- Garlic powder
- Ground cinnamon
- Ground ginger
- Honey
- Minced onion
- Mrs. Dash Fiesta Lime
- Red peppers (flakes)