

Commissary Healthy swaps



Swap refined grains



whole grains with more
vitamins and minerals



Swap beverages with
added sugar



sugar-free beverages



Swap high fat snacks



whole grain, low fat snacks



Swap pastries high
in calories



desserts lower in calories



Some commissary item examples from the BEST  (healthiest) category include raw almonds and other nuts, brown rice, peanut butter, dehydrated vegetables, canned salmon, and some granola bars. Examples from the BETTER  (second healthiest) category include dehydrated black beans, low sodium ramen, pickles and trail mix.