Shelf talker instructions:
For best results, print these shelf talkers on heavyweight paper, such as card stock. Cut out each card along the dashed black lines, and fold along dashed gray line. Score them to make them easier to fold, and laminate them so they will last longer. Scoring and lamination can be done at most copy centers.

Make the healthier choice...
100% fruit juice
No added sugar,
lots of vitamins

For juice that states “100% juice” on the packaging
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Make the healthier choice...
Baked chips
Fewer calories, same crunch

For chips that state “baked” on the packaging
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Make the healthier choice...
Brown rice
Nutty-tasting whole grain for good health

Stock Healthy Shop Healthy
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**Make the healthier choice...**

Fruit canned in juice
*Less sugar, more fruit flavor*

For canned fruit that states canned in “100% juice” on the packaging
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Make the healthier choice...
Tuna canned in water
Low in fat, great protein source

Stock Healthy Shop Healthy

For tuna that states "canned in water" on the packaging

For tuna that states "canned in water" on the packaging

Tuna canned in water
Low in fat, great protein source

Stock Healthy Shop Healthy
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Make the healthier choice...
Canned vegetables
Rinse before using to lower sodium

Stock Healthy Shop Healthy
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Make the healthier choice...
Dried fruit
A healthy addition to salad, cereal or snack

For any dried fruit, such as raisins, prunes, cranberries, etc.
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For dried and canned beans such as pinto and kidney— not for green beans

Make the healthier choice...
Dried or canned beans
High in protein and fiber, low in fat and sodium

UNIVERSITY OF MISSOURI EXTENSION

For dried and canned beans such as pinto and kidney— not for green beans

Make the healthier choice...
Dried or canned beans
High in protein and fiber, low in fat and sodium

UNIVERSITY OF MISSOURI EXTENSION
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Make the healthier choice...
Granola bars
Try this healthy snack instead of a candy bar

For any granola bar

For any granola bar
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Make the healthier choice...
Low-fat yogurt
Creamy and delicious treat for strong bones
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Make the healthier choice...
No salt or reduced sodium
Reduce the risk of high blood pressure

Stock Healthy Shop Healthy

For products that state "low sodium/salt" or "reduced sodium/salt" on the packaging

For products that state "low sodium/salt" or "reduced sodium/salt" on the packaging
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Make the healthier choice...

Oats
Quick, hot breakfast, lowers cholesterol

For any oatmeal or bulk oats, including instant oatmeal
Shelf talker instructions:
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For any nuts (peanuts, walnuts, almonds, etc.) labeled “unsalted” or without salt in the list of ingredients

Make the healthier choice...
Unsalted nuts
¼ cup is a high-protein, heart-healthy snack

Stock Healthy Shop Healthy

UNIVERSITY OF MISSOURI EXTENSION
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Make the healthier choice...
Unsweetened tea
A calorie-free choice,
same tea flavor

Make the healthier choice...
Unsweetened tea
A calorie-free choice,
same tea flavor
Shelf talker instructions:
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Make the healthier choice...

Water
Best choice for quenching thirst, no calories

Stock Healthy Shop Healthy

For any bottles or jugs of water
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For bread that lists a whole grain (oats, wheat, etc.) as the first ingredient on the nutrition facts panel

Make the healthier choice...
Whole-grain bread
Fill up with fiber, vitamins, minerals

Stock Healthy Shop Healthy

For bread that lists a whole grain (oats, wheat, etc.) as the first ingredient on the nutrition facts panel

Make the healthier choice...
Whole-grain bread
Fill up with fiber, vitamins, minerals

Stock Healthy Shop Healthy
Shelf talker instructions:
For best results, print these shelf talkers on heavyweight paper, such as card stock. Cut out each card along the dashed black lines, and fold along dashed gray line. Score them to make them easier to fold, and laminate them so they will last longer. Scoring and lamination can be done at most copy centers.

For cereal that lists a whole grain (oats, wheat, etc.) as the first ingredient on the nutrition facts panel

Make the healthier choice...
Whole-grain cereal
Nutty taste and good nutrition