

# Try Tuna!

A great source of  
protein & healthy fats.



Visit [CalFreshHealthyLiving.org](https://CalFreshHealthyLiving.org) for healthy tips.

Funded by USDA SNAP, an equal opportunity provider and employer.



# Buy Beans!

A great source of  
protein & fiber.



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# Choose Leafy Greens!

Full of vitamins & antioxidants.



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# Try Yogurt!

Low-fat & fat-free  
yogurts are good  
sources of  
protein &  
calcium.



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