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 △** symbol meet some of the healthier standards.

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**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**

<table>
<thead>
<tr>
<th>Serving Size 1 package (272g)</th>
<th>Servings Per Container 1</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
<td></td>
</tr>
<tr>
<td>Calories 300</td>
<td>Calories from Fat 45</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td>8%</td>
</tr>
<tr>
<td>Total Fat 5g</td>
<td>8%</td>
</tr>
<tr>
<td>Saturated Fat 1.5g</td>
<td>8%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol 30mg</td>
<td>18%</td>
</tr>
<tr>
<td>Sodium 430mg</td>
<td>24%</td>
</tr>
<tr>
<td>Total Carbohydrate 55g</td>
<td>24%</td>
</tr>
<tr>
<td>Dietary Fiber 6g</td>
<td>24%</td>
</tr>
<tr>
<td>Sugars 23g</td>
<td>24%</td>
</tr>
<tr>
<td>Protein 14g</td>
<td>24%</td>
</tr>
<tr>
<td>Vitamin A 80%</td>
<td>24%</td>
</tr>
<tr>
<td>Vitamin C 35%</td>
<td>24%</td>
</tr>
<tr>
<td>Calcium 6%</td>
<td>24%</td>
</tr>
<tr>
<td>Iron 15%</td>
<td>24%</td>
</tr>
</tbody>
</table>

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

**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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**Ingredients**
- Whole wheat pasta, water, whole wheat flour, chicken (white meat), chicken broth, whey, modified tapioca starch, chicken flavor (dried chicken broth, chicken powder, natural flavor, carrageenan, whey protein concentrate, soybean oil, corn syrup solids, sodium phosphate, salt), sugar, apples, citric acid, salt, water, contains 2% or less of: butter (cream, salt), modified cornstarch, chicken broth, green beans, apple juice concentrate, apple cider vinegar, sugar, soybean oil or sea salt, ginger puree, lemon juice concentrate, citric acid.
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)