Diabetic Food Box		Renal Food Box		Diabetic/Renal Food Box	
Meat	4	Frozen Meat (No processed)	4	Frozen Meat (No processed)	4
Vegetables (Thoroughly Rinse		(- · · · · · · · · · · · · · · · · · · ·		(- \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
to Reduce Sodium)	6	Vegetables (Thorough to Reduce Sodium)	ly Rinse 6	Vegetables (Thoroughl to Reduce Sodium)	y Rinse 6
Fruit in 100% Juice	3				
(Avoid Heavy Syrup)		Canned Fruit	3	Fruit in 100% Juice (Avoid Heavy Syrup)	3
Wheat Pasta	2	White Pasta	2		
Towards as and	2	Wilde Die	1	White Pasta	2
Tomato sauce/ Other tomato	2	White Rice	1	White Rice	1
		Cereal –Kid type	1		
Brown Rice 1		(Avoid bran and whole grain)		Cereal - Kid type	1
Cereal	1	Jelly	2	(Avoid bran and whole	grain)
(Avoid High Sugar)	1	•		Canned Beans	2
D : 1D	2	Canned Beans	2	D 1 D 11	1
Dried Beans	2	Peanut Butter	1	Peanut Butter	1
Peanut Butter	1	reallut Duttel	1	White Bread	2
	_	White Bread	2		
Crackers	2	Shelf Stable Milk	1	Shelf Stable Milk	1
Milk	1	Shell Stable Willk	1	Bag Cheese	1
	1	Bag Cheese	1		-
Bag Cheese	1	Dessert	2		

Quantities represent food box for one person



