

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 (Thoroughly Rinse to Reduce Sodium)	6	Vegetables (Thoroughly Rinse to Reduce Sodium)	6
Fruit in 100% Juice (Avoid Heavy Syrup)	3	Canned Fruit	3	Fruit in 100% Juice (Avoid Heavy Syrup)	3
Wheat Pasta	2	White Pasta	2	White Pasta	2
Tomato sauce/ Other tomato	2	White Rice	1	White Rice	1
Brown Rice	1	Cereal –Kid type (Avoid bran and whole grain)	1	Cereal - Kid type (Avoid bran and whole grain)	1
Cereal (Avoid High Sugar)	1	Jelly	2	Canned Beans	2
Dried Beans	2	Canned Beans	2	Peanut Butter	1
Peanut Butter	1	Peanut Butter	1	White Bread	2
Crackers	2	White Bread	2	Shelf Stable Milk	1
Milk	1	Shelf Stable Milk	1	Bag Cheese	1
Bag Cheese	1	Bag Cheese	1		
		Dessert	2		

Quantities represent food box for one person

Produced by:

