

NURSE ANNA'S HEALTHY FOOD LIST

Wasa crackers, multi-grain, light Rye

Soy Crisps

Kefir Probiotic yogurt

Kashi Go lean cereal and cereal bars

Smart tenders chicken nuggets

Morning Star soy ground meat, chicken patties

Cheerios

Ragu light, no sugar

Greek Yogurt

Sobe Light drink

Vitamin Water

Cottage Cheese

Oatmeal