

This list is intended to provide guidance regarding T.R.A.I.L. appropriate healthy foods. It is not an all-inclusive list. Please contact FirstPic, Inc. if you have questions about a food product that is not included on this list.

Non Reimbursable Food Items	Healthy Alternatives
Snack bars-including granola bars and Nutrigrain bars; fruit leather and/or fruit rope	Loose granola with nuts, dried fruit, sunflower kernels in a Ziploc bag for freshness, peanut butter
Canned fruit in syrup	Fresh or frozen fruit; fruit cups packed in 100% juice
White bread and pasta	Whole wheat grains including breads, pitas, tortillas, pasta, and brown rice, quinoa
	Legumes, nuts, beans
Sweetened/Sugary breakfast cereals	Hot and cold unsweetened whole-grain breakfast cereals
Bagel bites, pizza pockets, pizza	
heavy cream, whipping cream, ice cream, pudding (including sugar free pudding)	Skim and 1% milk, Almond milk, Soy milk, Coconut milk, Whole milk (in moderation)
Stick margarine, lard	Butter and Extra Virgin Olive Oil (in moderation)
Creamy sauces and salad dressings	Fat-free sauces and salad dressings, vinegar, oil based dressings (in moderation)
Cream cheese	Full fat cheese, part skim, reduced-fat, and fat free cheese (all in moderation); Low-fat and fat-free cottage cheese, low-fat yogurt
Canned Nacho Cheese with chips, crackers such as saltines or Ritz	Hummus with whole wheat crackers, pretzels, guacamole, salsa, whole grain Goldfish, Wheat Thins
Potato chips, Sun Chips	Fresh, oven made sweet potato chips; baked chips
	Mayonnaise (In moderation), tartar sauce and sour cream(in moderation); mustard, ketchup
Beef/pork products (including bacon, sausage, jerky, ham, etc.)-including ground meat, corn dogs, pepperoni, hot dogs, and fried chicken	Poultry products including turkey sausage, turkey bacon and chicken, buffalo, reindeer, other game meat; sliced meat for sandwiches (turkey or chicken)
Pop/Soda, sweetened or unsweetened iced teas, sweetened lemonades, fruit drinks that are less than 100% juice	Water or 100% fruit or vegetable juices, sports drinks (only when associated with strenuous physical activity)
Candy, cake, caramel, chocolate, cookies, marshmallows, Rice Krispy treats, fruit roll up type products, sugar, brown sugar, light brown sugar, items high in sugar, fat, and/or sodium	Fresh fruit Frozen fresh fruit (i.e. grapes) Dried fruit Honey (in moderation) Vegetables-pickles