

Foods Eligible for HealthyFood Cash-Back Rewards	
Food Group	Description/Examples
Vegetables	All fresh vegetables and herbs, canned tomatoes, and several types of dried or frozen vegetables
Fruit	All fresh fruit, selected dehydrated and frozen fruit, and canned apples
Carbohydrates	Breads (e.g., wheat, rye, seeded), crackers (e.g., rye, rice), cereals (e.g., bran, low glycemic index muesli) , other starchy foods (e.g., whole wheat couscous), porridge (oats), rice (brown, wild), whole grains (e.g., barley, quinoa) , and whole wheat pastas
Proteins	Skinless chicken, eggs, fresh or frozen fish, fish canned in water, ostrich, other fresh raw seafood (e.g., shrimp, calamari), and uncooked, unflavored tofu
Dairy	Fat-free milk, fat-free unsweetened yogurt, fat-free cottage cheese, and unsweetened soy milk
Lentils and Legumes	All dried legumes and select canned legumes
Oils, Nuts, Seeds, and Spreads	Selected oils (e.g., olive, sunflower, avocado), unsalted, unseasoned raw nuts and seeds, canola spread, selected nut butters, and selected cooking sprays