

Keep Food Safe
REMEMBER:
Refrigerate These Foods



MyPyramid.gov
STEPS TO A HEALTHIER YOU

Grain Group

- Cooked pasta
- Cooked rice
- Pastries and pies with cream filling
- Refrigerated tortillas
- Pizza
- T.V. dinners

Vegetable Group

- Raw seed sprouts
- Garlic in oil
- All cooked vegetables
- Reconstituted dry onion
- Vegetable salads
- Pasta salad
- Potato salad
- Cooked potatoes
- Cooked beans

Fruit Group

- Cut cantaloupe and other melons
- Cut fruit salads
- Salads with mayonnaise or cream cheese
- Fresh berries

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Oils & Sweets

All pies
Whipped cream and whipped cream foods
Chip dips made with cream cheese or mayonnaise
Mayonnaise and foods with mayonnaise
Puddings and pudding filled items
Pumpkin pie

Milk Group

Fresh milk
Reconstituted dry milk
Canned milk, if opened
Soft cheeses like cottage cheese and cream cheese
Hard cheeses
Whipped cream and foods with whipped cream
Sour cream
Custard
Yogurt

Meat & Bean Group

Meat
Poultry (chicken, turkey)
Fish
Shellfish
Cooked dry beans
Canned beans, if opened
Refried beans
Tofu and moist soy protein food
Eggs and food with eggs
Bacon
Hot dogs

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