



Be a Smart Shopper!

Choosing the healthiest foods when grocery shopping can be easy by reading the Nutrition Facts label, checking the ingredients list, and **choosing plenty of fruits and vegetables.**

SMART SHOPPING TIPS:

- Shop in the outer edge of the store. This is where you will find most fresh and healthy foods.
- Keep costs low by selecting fruits & vegetables that are in season.
- Buy frozen—frozen fruits and vegetables are nutritious, can stretch your budget, and last longer than fresh produce.
- Use the Nutrition Facts label as a tool to make smart food choices.

Take your child grocery shopping
WITH YOU THIS WEEK!

The Nutrition Facts provide an adult serving size.
YOUR CHILD NEEDS A SMALLER PORTION.

Check The Facts! (before you buy the snacks)

- The ingredient listed first makes up most of the food.
- Beware of foods with hidden sugars.
- Words that mean the same as sugar include:
 - **HIGH FRUCTOSE CORN SYRUP**
 - **EVAPORATED CANE SYRUP**
 - **ANY WORD THAT ENDS IN “OSE,” SUCH AS “DEXTROSE”**
- Hidden sugars are often found in:
 - **FLAVORED YOGURTS**
 - **GRANOLA BARS**
 - **CEREALS**
 - **FRUIT SNACKS**
- Canned foods are typically high in sodium. If buying canned, stick with the low-sodium variety.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Proteins 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.

Buy grain products that have at least
3 GRAMS OF FIBER.