

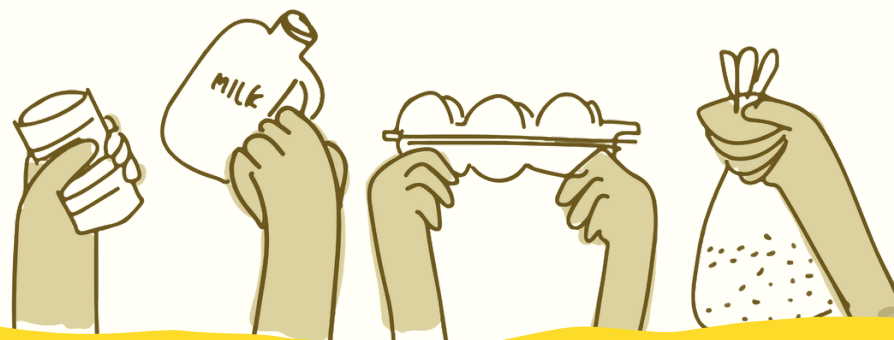


SHOPPERS GUIDE: UNDERSTANDING FOOD LABELS



TIPS BEFORE GROCERY SHOPPING

1. **Plan** your meals and recipes you like for the week
2. If possible, plan dishes and recipes with **similar perishable ingredients** (ie. tomatoes, bell peppers for stir-fry or salad) for the week to save and minimize waste.
3. **Eat a healthy snack** before heading to the store to avoid impulse buys.



TIPS FOR GROCERY SHOPPING

1. **Create a list** to take before going to the store to save money by buying only what you need.
2. **Compare nutrition labels and prices** on similar items—opt for the healthier and more affordable option for you.
3. **Choose generic or “no-name” brands;** they’re just as nutritious as branded products but often cost less.
4. Choose canned tuna and sardines **packed in water** instead of oil.
5. **Buy only as much as you need** for perishable foods.

1. SERVING SIZE

the amount that is customarily eaten at one time, and all of the nutrition information on the label is based on one serving of the food.

2. CALORIES

provides you with the measure of how much energy you get from one serving of the food.

In this example, each 2/3 of a cup (55g) is equivalent to 230 calories.

3. % DAILY VALUE

shows the amount of nutrients in the serving of food to the recommended daily intake for that nutrient.

≤ 5%: low
10%-19%: “good source”
≥ 20%: high

Nutrition Facts

8 servings per container

1 **Serving size** 2/3 cup (55g)

Amount per serving

2 **Calories** 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FAT

look for less than 10% of the DV

FIBER

look for more than 10% of the DV, like this one

SUGAR

look for less than 10% of the DV, this contains too much

VITAMINS AND OTHER NUTRIENTS

look for more than 10% of the DV, like this one

TIP: FOLLOW THE 10% RULE

Choose foods with 10% or more of the DV for fibers and vitamins. Limit foods that include more than 10% of the DV of sugars and fat.