

# GROCERY SHOP SMARTER

Be a fact-checker to make healthier food choices

How can you make sure that what you buy at the grocery store is the healthiest option? Start by reading the Nutrition Facts label while shopping.

## SERVING INFORMATION

The serving size tells you the amount people typically eat or drink. Pay attention to both the serving size and the servings per container. If you eat a bag of chips with two servings in it, you'd eat double the calories and nutrients.

## NUTRIENTS

These are key nutrients that affect your health. Look for nutrients you want more of – dietary fiber, vitamin D and calcium – and those you should limit – saturated fat, sodium and added sugars.



Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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.

## CALORIES

The average adult needs about 2,000 calories each day. The number of calories you need depends on many factors like age, gender and activity level. Your body stores extra calories it doesn't need as fat.

## % DAILY VALUE

The % Daily Value shows how much a nutrient in a serving of food contributes to a daily diet. As a guide, 20% Daily Value or more per serving is considered high and 5% Daily Value or less is considered low. Look for foods with high % Daily Value percentages of "Get More" nutrients and low percentages of "Try to Limit" nutrients.



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Source: U.S. Food & Drug Administration, "How to Understand and Use the Nutrition Facts Label," fda.gov

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