

## Plan, Shop and Eat Smart



# GET THE FACTS

Making food choices at the grocery store is hard. Food packages have so much information! Focus on the facts to decide what to buy, each time you shop. Make a shopping list to include more whole, one-ingredient foods like fruits, vegetables, whole grains, eggs, and beans. These healthy choices will save you time at the store - no label reading needed!

**Ingredients:** Whole Wheat Flour, Water, Yeast, **Brown Sugar**, Wheat Gluten, Contains 2% Or Less Of Each Of The Following: Salt, Monoglycerides, Enzymes, Ascorbic Acid, Soybean Oil, Vinegar, Cultured Wheat Flour, Monocalcium Phosphate, Soy Lecithin.

### Ingredients List

- Look for names of foods you know. A short list of ingredients is often the healthiest choice.
- Check the order of ingredients on the list. The ingredients that weigh the most are listed first.
- Make whole grains your first choice for bread, cereal, pasta, rice, and tortillas. Look for the word **whole** at the beginning of the ingredients list. It will be listed before the name of the grain - **whole** oats, **whole** corn, **whole** wheat.
- Limit foods that have added sugars on the ingredients list. Words that end in **-ose** like **dextrose**, **fructose**, **galactose**, **glucose**, **lactose**, **maltose**, **sucrose** are all types of sugar. Many processed foods have more than one type of sugar added.

### Nutrition Facts

16 Servings Per Container	
<b>Serving Size</b>	1 slice (43g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 21g	8%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 3g Added Sugars	6%
<b>Protein</b> 4g	
Vitamin D 0mcg 0% • Calcium 50mg 4%	
Iron 0.9mg 4% • Potassium 100mg 2%	
<small>*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.</small>	

### Nutrition Facts Label

- Check the number of **servings per container**. One package of food may have more than one serving.
- Note the **servings size**. The nutrition facts listed are for one single serving, the amount usually eaten at one time.
- Calories** add up. The total number of calories listed on the label is for a single serving. Balance calories you eat and drink with calories you use through daily activity, to maintain a healthy body weight. To learn more visit <https://www.myplate.gov/myplate-plan>
- Look for foods with **less fat, added sugar, and salt**. **Less than 5%** daily value (DV) is considered low.
- Look for foods with **more fiber, calcium, vitamin D, iron, and potassium**. **20% or more** daily value (DV) is considered high.

## Smart Tips



**PLAN** - Practice reading food package labels at home, before grocery shopping. Read the ingredients list and the nutrition facts label to know which foods to choose more often and which foods to choose less often. Make a shopping list and stick to it.



**SHOP** - Read each food package before you buy a new product. Foods like fresh fruits and vegetables, eggs, and plain oats, rice, or beans only have one ingredient - no label reading needed!



**EAT** - Enjoy a variety of foods each day. Include fruits and vegetables in each meal and snack. Eat more whole grains. Choose low-fat dairy foods like milk, cheese, and yogurt. Eat less packaged snacks - read before you eat!

For more information, follow us @eatsmartmd on:



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