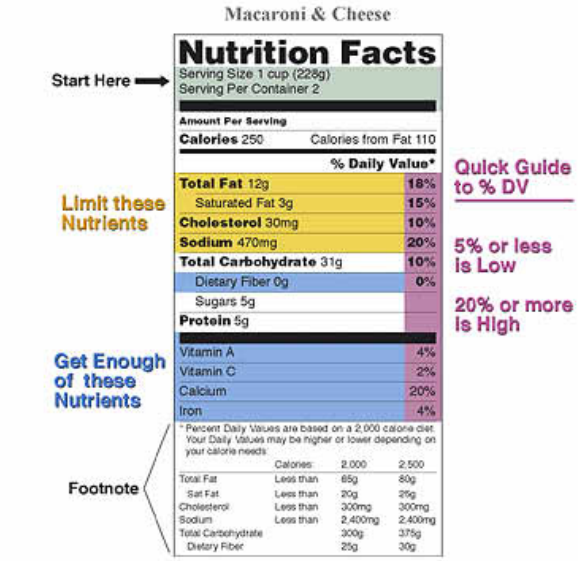
Healthy Shopping Guide

Take this guide to the grocery store on your next trip to help make sure you get the number of daily servings recommended by the USDA in each food group.

Food Group	Shopping List	Use this column to organize your shopping list by grocery store aisle.
Vegetables  **At least 3 to 5 servings a day***		
Fruit  **At least 2 to 4 servings a day***		
Protein  **2 to 3 servings a day**		
Dairy  **2 to 3 servings a day**		
Carbohydrates  **6 to 11 servings a day**		
Fats, Oils & Sweets  **Use sparingly**		

*Note: The National Cancer Institute recommends getting at least five servings of fruits and vegetables a day.

How to Read a Nutrition Facts Label



Tips:

- Nutrition Facts Labels are based on a daily diet of 2,000 calories. If you're trying to lose weight, it's likely that you'll be eating fewer calories than that.
- Note the serving size and how many servings are included in the package -- you might be surprised at how many calories you're eating!
- Some products claim to have low totals of "net carbs." However the Food and Drug Administration has not approved the calculations used to make such claims.
- Products that are "low-carb" can still be high in fat and calories.