







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  <p>At least 3 to 5 servings a day*</p>		
Fruit  <p>At least 2 to 4 servings a day*</p>		
Protein  <p>2 to 3 servings a day</p>		
Dairy  <p>2 to 3 servings a day</p>		
Carbohydrates  <p>6 to 11 servings a day</p>		
Fats, Oils & Sweets  <p>Use sparingly</p>		

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

How to Read a Nutrition Facts Label

Macaroni & Cheese

Start Here →

Limit these Nutrients

Get Enough of these Nutrients

Footnote

Nutrition Facts
 Serving Size 1 cup (225g)
 Serving Per Container 2

Amount Per Serving
Calories 250 Calories from Fat 110

% Daily Value*

Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	

Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a diet of other people's misdeeds.
 Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	35g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Quick Guide to % DV

5% or less is Low

20% or more is High

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.