HEALTHY CHOICES AT THE GROCERY STORE

Grocery shopping can be a difficult task. With more items to choose from than ever before, determining the best and healthiest choice can be overwhelming. Use the food label and chart below to help you put healthier foods in your shopping cart.

<table>
<thead>
<tr>
<th>Food Type</th>
<th>What to Look For:</th>
<th>Select:</th>
</tr>
</thead>
</table>
| Fruits and        | • Fruit and Vegetable Juices – 100% fruit or vegetable juice  
| Vegetables         | • Frozen fruits – plain (no sugar added)  
|                    | • Frozen vegetables – plain (avoid cream or cheese sauces)  
|                    | • Canned fruit – packed in “light” syrup or juice  
|                    | • Canned vegetables – “no salt added”, or “reduced” sodium.  
|                    | • Pasta sauce – 3 grams or less fat; 500 mg or less sodium per ½ cup.  
|                    | • Dark-green leafy vegetables like spinach, kale, and turnip greens.  
|                    | • Orange fruits and vegetables like sweet potatoes, apricots, cantaloupe, and winter squash.  
|                    | • Cabbage-family vegetables including broccoli, cauliflower, and bok choy. |
| Breads and         | • Breakfast cereals – 10 grams sugar or less per ounce  
| Cereals            | • Products named “whole wheat” or “whole grain”.  
|                    | • 3 grams or more fiber per ounce  
|                    | • Oatmeal, cornmeal, corn tortillas, pumpernickel, rice cakes, popcorn, wheat germ, bulgar |
| Milk and Dairy     | • Products with at least 25% of theUSRDA for calcium per serving  
| Products           | • Cheeses and frozen desserts with less than 5 grams of fat per serving  
|                    | • Nonfat, skim, or low fat milk, cheese, yogurt and frozen desserts |
| Meats and          | • Luncheon meats – 3 grams fat or less per ounce, 300 mg or less sodium per ounce  
| Meat Alternatives  | • Meats labeled “lean”, “low fat”, or “90% fat free (or less)  
|                    | • Beans – 600 mg sodium or less per 4 ounces  
|                    | • Unmarbled meats or skinless  
|                    | • Deli-style sliced roast beef, turkey and lean ham  
|                    | • Seafood (except fried or oil packed)  
|                    | • Dry beans (kidney, navy, pinto, lentils) |
| Fats, Oils, and    | • Margarine – 1 gram of saturated fat or less per teaspoon  
| Sweets             | • Salad Dressings – 3 grams fat or less per Tablespoon  
|                    | • Margarine in liquid squeeze bottles, soft tubs or whipped  
|                    | • Lemon juice, vinegar, flavored vinegar, salsa  
|                    | • Sweets made with whole grain flour, fruits, and/or low fat milk |
| Convenience        | • Frozen Entrees – 10 grams or less fat; 850 mg or less sodium per dinner |
| Items              |                                                                                                                                         |                                                                                                      |