Choosing the healthiest foods when grocery shopping can be easy by reading the Nutrition Facts label, checking the ingredients list, and choosing plenty of fruits and vegetables.

SMART SHOPPING TIPS:

- Shop in the outer edge of the store. This is where you will find most fresh and healthy foods.
- Keep costs low by selecting fruits & vegetables that are in season.
- Buy frozen—frozen fruits and vegetables are nutritious, can stretch your budget, and last longer than fresh produce.
- Use the Nutrition Facts label as a tool to make smart food choices.

Check The Facts! (before you buy the snacks)

- The ingredient listed first makes up most of the food.
- Beware of foods with hidden sugars.
- Words that mean the same as sugar include:
  - HIGH FRUCTOSE CORN SYRUP
  - EVAPORATED CANE SYRUP
  - ANY WORD THAT ENDS IN “OSE,” SUCH AS “DEXTROSE”
- Hidden sugars are often found in:
  - FLAVORED YOGURT
  - GRANOLA BARS
  - CEREALS
  - FRUIT SNACKS
- Canned foods are typically high in sodium. If buying canned, stick with the low-sodium variety.

The Nutrition Facts provide an adult serving size. YOUR CHILD NEEDS A SMALLER PORTION.

Buy grain products that have at least 3 GRAMS OF FIBER.

Take your child grocery shopping WITH YOU THIS WEEK!