

# Grocery Shopping Pocket Cheat Sheet

## Best Practices

### Meats

Choose meats that are labeled “lean” or “very lean.”

### Fruits and Vegetables

Choose fresh if available, then frozen, and finally canned; look for “low-sodium.”

Choose fruits stored in “100% juice,” avoid syrups.

### Grains

Choose “100% whole grains” or whole grain-rich products.

## Reading the Nutrition Facts Label

**Always** note the serving size and the number of servings per container, this will help in purchasing the correct amount.

### Sugars

Cereals should have no more than 6g of sugar **per dry ounce**.

Yogurt must contain no more than 23g of sugar per 6 ounces.

## Nutrition Facts

Serving size: 1 cup  
Servings Per Container: 16

### Amount Per Serving

**Calories** 131      **Calories from Fat** 27

**% Daily Value\***

**Total Fat** 3g      **4%**

Saturated Fat 1g      **4%**

Trans Fat 0g

**Cholesterol** 49mg      **15%**

**Sodium** 184mg      **8%**

**Total Carbohydrate** 7g      **2%**

Dietary Fiber 3g      **10%**

Sugars 2g

**Protein** 19g

Vitamin A 8%      Vitamin C 20%

Calcium 10%      Iron 15%

\*Percent Daily Value is based on a 2,000 calorie diet. Your daily value 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	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9      Carbohydrate 4      Protein 4

## Determining Whole Grain-Rich

**Whole grain-Rich** – at least 50% whole grains and all other grains are enriched or contain 100% whole grains.

**Easiest:** Look to see if the package has the 100% whole grain stamp.

**Or...** make sure a whole grain is listed first in the ingredients list and any other grain is either “enriched” or whole grain.

### Common Whole Grains

Whole Grain Wheat

Bulgur

Oatmeal or Rolled Oats

Whole Corn Flour

Whole Grain Cornmeal

Whole Wheat Flour

Whole White Wheat Flour

Barley

Whole Grain Corn Flour

Brown Rice

Stone Ground Whole Wheat Flour

Whole Oats

Quinoa

Whole Corn

Wild Rice

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