

Ten-Point Healthy Foods Buying Pocket Guide

1. Don't pay attention to the front of the box; turn it over for the truth in determining its nutritional value.
2. Determine the serving size before eating.
3. Scan the Nutrition Facts label and look for Daily Value (DV): 5 percent DV or less is low and 20 percent DV or more is high
4. Fiber: Choose products with at least 3 grams of fiber, unless there are fewer than 80 calories per serving; then look for at least 2 grams of fiber.
5. Total carbohydrates = fiber + sugars + other. This information is especially important for diabetics.
6. Naturally occurring sugars include lactose in milk products and fructose in fruit. 4 grams of sugar = 1 teaspoon. To calculate the added sugar, subtract 12 grams of sugar (lactose) from sugars for dairy products. Yogurt: Look for no more than 23 grams of sugar per 8 oz serving, 20 grams sugar in 6 oz serving.
7. Check the list of ingredients: Avoid *hydrogenated* or *partially hydrogenated* oils. Don't buy if sugar is one of the top 3 ingredients. For grains look for "whole" in the first ingredient; e.g., whole wheat.
8. Buy food in its natural form, e.g., whole fruit instead of fruit gummies.
9. Avoid products with chemicals, such as artificial colors, flavors, and preservatives.
10. Watch out for low-fat and fat-free products, as they may be high in added sugar. Look for these names for sugar in the ingredients list: anhydrous dextrose, barley malt, brown rice syrup, cane juice, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, dextrose, fructose, fruit juice concentrates, fruit nectar, glucose, high-fructose corn syrup, honey, lactose, liquid fructose, maltose, malt syrup, maple syrup, molasses, nectars, sucrose, syrup.

Put this buying guide in your pocket or purse when you go to the grocery store to make shopping for the most nutritional foods easier and faster.



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1. Look for the **nutritional value on the back of the box.**
2. **Determine the product's serving size** before eating.
3. On the Nutrition Facts label, **5 percent DV (Daily Value) or less is low** and 20 percent DV or more is high.
4. Choose products that contain **at least 3 grams of fiber.**
5. **Total carbohydrates = fiber + sugars + other.**
6. Sugars include lactose (in milk products) and fructose (in fruit). **Subtract 12 grams of sugar (lactose) from sugars for dairy products** for added sugar. In yogurt, look for no more than 23 grams of sugar per 8 oz serving, 20 grams per 6 oz serving.
7. **Don't buy if you see hydrogenated or partially hydrogenated oils** in the list of ingredients or if sugar is one of the top 3 ingredients. Look for whole grains, e.g., whole wheat.
8. **Buy food in its natural form**, e.g., whole fruit instead of fruit gummies.
9. **Avoid products artificial colors, flavors, preservatives, and other chemicals.**
10. **Watch out for low-fat and fat-free products**, as they may be high in added sugar. Look for these names for sugar in the ingredients list: **anhydrous dextrose, barley malt, brown rice syrup, cane juice, corn sweetener, corn syrup, corn syrup solids, crystal dextrose, dextrose, fructose, fruit juice concentrates, fruit nectar, glucose, high-fructose corn syrup, honey, lactose, liquid fructose, maltose, malt syrup, maple syrup, molasses, nectars, sucrose, syrup.**