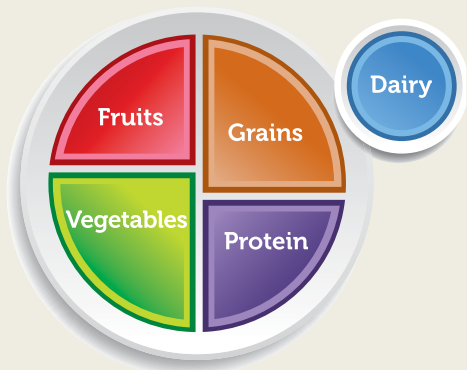


# EATING FOR HEALTH

## NUTRITION ACTION PLAN

- **Follow MyPlate guidelines for EVERY meal:** ½ plate vegetables and fruit, ¼ plate protein, ¼ plate whole grains/starches. Eat a variety of foods from all food groups.
- **Pay attention to portion sizes.** Try using smaller plates and glasses.
- **Calories count!** Calorie needs are based on many factors. Contact an in-store nutritionist to determine a calorie range that is right for you.
- **Stay hydrated.** Aim for 64 ounces of fluids daily. Make it mostly water and limit sweetened beverages and juices which are full of sugar and empty calories.
- **Plan ahead.** Meal and snack planning can help you stay on track and ensure you are including a variety of healthy choices from all food groups.
- **Limit foods that are high in sugar, sodium, and saturated/trans fats.** These are occasional foods, not everyday foods.
- **Eat at home more often** to save calories, fat, sodium, and sugar. When dining out, eat lean and green and skip the extras you wouldn't eat at home.
- **Get moving.** Aim for 30 minutes of heart pumping activity daily.



in-store nutritionists

## SHOPPING FOR HEALTH: HOW TO FILL YOUR CART



**Vegetables:** choose dark leafy greens and brightly colored vegetables – fresh, frozen or canned (low sodium/no salt added) vegetables.



**Fruits:** choose fresh, frozen, or canned (no sugar added) fruits. Pick whole fruit over juice.



**Whole Grains/Starches:** choose 100% whole grain or whole wheat, brown rice and high fiber starches. Items should have “whole grain” first on the ingredient list. Count potatoes, sweet potatoes, peas, and corn as starches, not veggies.



**Protein:** select a variety of lean meats, poultry, eggs, seafood, beans, lentils, and nuts.



**Dairy:** choose skim (fat free) or low fat milk (1%) and yogurt. Lactose-free milk and fortified soy milk are also good choices.



**Fats & oils:** add heart healthy fats like fish, nuts, seeds, avocado, olive and canola oils for cooking. Limit saturated fats found in animal based foods and solid fats like butter.

## USE GUIDING STARS®

To find foods that have more vitamins, minerals, dietary fiber, whole grains, and less fats, cholesterol, sugar, and sodium, look for the stars. The more stars, the better the nutritional value.



good



better



best

It's as easy as 1, 2, 3...

# READING FOOD LABELS

- All label information is based on the serving size. Many packages contain more than 1 serving.
- Calorie information is for 1 serving so adjust calories if you eat smaller or larger portions.
- Fats/Cholesterol/Sodium: Limit these nutrients. Choose foods low in saturated fat with no trans fats, when possible.
- Sodium: Consume no more than 2,300 mg of sodium per day. Less for a low sodium diet.
- Choose foods with at least 3 to 4 grams of fiber per serving.
- Choose foods that are low in added sugars. No more than 8 to 10 grams per meal.
- Ingredient list: items are listed in descending order by weight. Those in the largest amounts are listed first.



## Nutrition Facts

2 servings per container  
**Serving size 1 1/2 cup (208g)**

Amount per serving  
**Calories 240**

% Daily Value\*

<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	<b>25%</b>
Total Sugars 4g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

START HERE

CHECK CALORIES

LIMIT FAT,  
 CHOLESTEROL,  
 & SODIUM

GET ENOUGH OF  
 THESE NUTRIENTS

FOOTNOTE

QUICK GUIDE  
 TO % DV

5% OR LESS  
 IS LOW  
 20% OR MORE  
 IS HIGH



## WHAT IF THERE IS NO FOOD LABEL?

- 1 serving of fruit = 1 small piece of fruit, 1/4 cup dried fruit, 1/2 cup juice, 1/2 cup fresh, frozen, or canned.
- 1 serving veggies = 1 cup raw leafy greens, 1/2 cup fresh, frozen or canned.
- 1 serving protein = 3 ounces meat (deck of cards), 1/2 cup beans.



in-store  
**nutritionists**

VISIT [GIANTFOOD.COM/NUTRITION](http://GIANTFOOD.COM/NUTRITION)  
 TO FIND A NUTRITIONIST NEAR YOU!