

Grocery Shopping Tips

After planning nourishing meals, develop a grocery list. Buy items only included on the list. A grocery list is a helpful organizer that saves time and money! It also helps to reduce impulse buying.

Selective Grocery Shopping

When picking and choosing packaged foods, carefully read the nutrition food labels before making selections. For detailed information on how to read a food label, visit

<http://www.cfsan.fda.gov/~dms/foodlab.html>

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%