

## GUIDELINES FOR A HEALTHY You

Healthy food choices are important for good health and well-being. Eating well means eating a variety of nutrient-packed foods and beverages from the food groups of MyPyramid. This, combined with choosing foods low in saturated and *trans* fats, cholesterol, added sugars, and salt (sodium) will help to ensure a healthy diet and help maintain a healthy weight.

### Keys for making your shopping the most healthful:

- Know Your Store!
- Bring a List!
- Use the Facts!



### *Know your store...*

Grocery stores have thousands of products, with most food items grouped together to make your decision-making easier. Many grocery stores have sections where foods are shelved much like the food groups of MyPyramid.

The MyPyramid food groups put foods with similar nutritional value together. These groups are:

- Fruits
- Vegetables
- Grains
- Milk (calcium-rich foods)
- Meat and Beans (protein-rich foods)

Where are these food groups in your store?

FOOD GROUP	TYPICAL STORE LOCATION(S)	BEST CHOICES
Fruits and Vegetables	Produce Aisle Canned Goods Freezer Aisle Salad Bar	Variety! Fresh, Frozen, Canned, Frozen and Dried Fruits and Vegetables.
Grains	Bakery, Bread Aisle, Pasta & Rice Aisle(s), Cereal Aisle	Whole Grains for at least half of choices
Milk, Yogurt, & Cheese (calcium-rich foods)	Dairy Case Refrigerated Aisle	Non-Fat and Low-Fat Milk, Yogurt, Low-Fat and Fat-Free Cheeses
Meat and Beans Fish, Poultry, Eggs, Soy, & Nuts (protein foods)	Deli Meat & Poultry Case Seafood Counter Egg Case Canned Goods Salad Bar	Lean Meats, Skinless Poultry, Fish, Legumes (dried beans and peas), Nuts.

**DON'T FORGET THAT YOUR LOCAL FARMER'S MARKET IS A GREAT PLACE FOR FINDING HEALTHY FOODS.**

***Bring a List...***

And stick to it! Healthy decisions start at home. Planning ahead can improve your health while saving you time and money. Before shopping, decide which foods you need, and the quantity that will last until your next shopping trip.

Consider creating a shopping list based on the MyPyramid food groups to include a variety of healthy food choices. Think about your menu ideas when adding items to your list. Write your list to match the groups to the layout of your store.

***Use the facts...***

The Nutrition Facts that is! The Nutrition Facts panel on the food label is your guide to making healthy choices. Using the Nutrition Facts panel is important when shopping to be able to compare foods before you buy.

***Enjoy!***

Enjoy food shopping while exploring different foods and learning about their Nutrition Facts. Healthy choices can make a healthy you!