

## Tips when going grocery shopping

- Read labels at the supermarket.
- Avoid products having a very long list of ingredients and ingredients that are hard to pronounce
- Shop the outside aisles. They generally regroup unprocessed food.
- Cook meals at home as much as you can. You can even make your own frozen meals by cooking a big quantity of food and freezing leftovers.
- Make your own salad dressing
- Try to add more fruits, vegetables, seeds, and nuts to your diet
- Replace bad sugars, bad sodium, and bad fats with good ones and consume them in moderation
- Cook your own desserts and sweets
- Eat more simple foods
- If you desire to eat a snack try to eat apples, bananas, dates, nuts, homemade crackers, or other simple foods.

*Always read label  
for nutrition facts & ingredients!*

Nutrition Facts	
Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

\*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

Nutrition Facts	
Serving Size 10 oz. Serving Per Container 5	
Amount Per Serving	
Calories 200	Calories From Fat 200
% Daily value*	
Total Fat 10 g	35%
Saturated Fat 1.5g	11%
Trans Fat 0.0 g	
Cholesterol 0 mg	1%
Sodium 210 mg	15%
Total Carbohydrate 15 g	3%
Dietary Fiber 2 g	3%
Sugars 3 g	
Protein 30 g	
Vitamin A 3%	Vitamin C 3%
Calcium 6%	Iron 6%

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