



Take a Look at the Label Smart Shopping Tips

- Make a shopping list and stick to it. Planning ahead can help you to avoid buying foods on impulse, and keep to a budget.
- Start shopping at the outside aisles. Choose fresh fruits and vegetables, low fat milk products, lean meats, poultry, fish and whole grain breads before shopping for convenience food items and snacks.
- Increase your fiber intake by purchasing foods with 5 grams or more of fiber per serving.
- Make every calorie count. A donut and a slice of whole grain wheat bread may have the same calories, but there are more vitamins in whole grain wheat bread.



**For more information:
Toll Free**

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Office of Public Health Nutrition

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