



**WHAT TO LOOK FOR ON
NUTRITION LABELS**
when grocery shopping

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Grocery shopping can be very confusing with the varieties available these days for every kind of products. This simple guide will help you in making grocery shopping easier.

- Shop with a list on paper or your cell phone.
- Shop around the perimeter and stay away from the middle aisles.
- NEVER shop when hungry.
- Wear comfortable shoes.
- Try to grocery shop on the same day of the week.
- Look at the top and lower shelves for better bargains.
- Fill your cart with 25% fresh vegetables and fruit

Nutrition label guide to help you choose

Food Item	What to look for	Stay away from
Cereal (per serving)	<ul style="list-style-type: none"> • Whole grain as the first ingredient • Fibre: 5g or more • Protein: 5g or more • Fat: 3g or less • Sugar: 5 g or less 	<ul style="list-style-type: none"> • Sugary cereals • Sugar as the first on the ingredient list.
Crackers	<ul style="list-style-type: none"> • Whole grain as the first ingredient • Fibre: At least 2g 	Hydrogenated oils
Granola bars	<ul style="list-style-type: none"> • Total calories: no more than 150 kcal • Fibre: at least 3g • Protein: at least 4g • Fat: 5g or less • Saturated fat: less than 2g • Trans Fat: 0g • Sugars: less than 8g 	<ul style="list-style-type: none"> • Sugar as the first ingredient. • High fructose corn syrup (or any other kind of syrup), glucose-fructose, and sugar cane juice. • Artificial colorings • Hydrogenated oil • Fruit bars • Yoghurt bars, chewy bars • Read the ingredients. If you cannot pronounce them DO NOT buy.
Breads	<ul style="list-style-type: none"> • Whole grain as the first ingredient • Fibre: at least 2 g 	<ul style="list-style-type: none"> • Hydrogenated oil • White Flour

Food Item	What to look for	Stay away from
Salad dressing	<ul style="list-style-type: none"> • Lighter varieties • Vinegar based • Trans Fat: 0g • Sugar: less than 3g • Sodium: less than 150mg 	<ul style="list-style-type: none"> • Creamy dressings • Mayonnaise based • Hydrogenated oil
Yoghurt	<ul style="list-style-type: none"> • Calcium: 10% or more • Fat: Low fat, 0 fat or 2g or less 	Sugar in the ingredient list
Drinks and smoothies	<ul style="list-style-type: none"> • Products made with skim milk • Fruit listed before sugar on the label 	Sugar in the ingredient list
Cheese	Milk fat (MF) less than 18-20%	Milk Fat (MF) more than 20% - Choose less often
100 Calorie snack packs	<ul style="list-style-type: none"> • Avoid if possible 	<ul style="list-style-type: none"> • Usually empty calories • Hydrogenated oil
Peanut Butter	Natural	Added sugar
Margarine	<ul style="list-style-type: none"> • Choose soft margarines • Non-hydrogenated 	Stick margarines
Frozen meals	<ul style="list-style-type: none"> • Fat: maximum 10g • Saturated + Trans fats: max 3g • Sodium: less than 800mg • Protein: at least 15g • Fibre: at least 3-5g 	Avoid if possible
Jam	<ul style="list-style-type: none"> • No sugar added • More Fruit 	Added sugar
Juice	<ul style="list-style-type: none"> • 100 % fruit 	Added sugar

If there are any other foods that I have missed send me an email at alka@nutritioncamp.ca and I will add it to this list.