

Commissary Notes

Deciphering Labels and
Making Healthy Choices



This is your Personal Shopping Tool

- Make it easier to shop
- Decipher labels on foods your family loves
- Incorporate new healthy foods
- Update as necessary!

Nutrition label Information



Nutrition Facts	
Serving Size 1 cup (228g)	←
Servings Per Container 2	←
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
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%	
* Percent Daily Values are based on a diet of 2,000 calories a day. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 25g 35g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrates 4 • Protein 4	

- Serving size
- Number of servings

- Calories
- Total fat in grams
- Saturated fat in grams
- Cholesterol in milligrams

Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how much fat, saturated fat, cholesterol, and calories you are getting from different foods. Pay attention to the actual amounts (in grams or milligrams). Don't use the percents shown (percent daily value) because they are not geared to the TLC diet.

Tip: for Grocery Shopping

- **Plan ahead for success:** Planning your meals for the week ahead sets you up to buy only what you need and can save you money if you stick to it!
- **Money well spent:** Buying single serve apple slices and carrots is well worth it if it gets your family to eat more fruits and veggies.
- **Supermarket savvy:**
 - **Produce:** Spend the most time in this section and choose a rainbow of fruits and veggies.
 - **Breads, Cereals, and Pastas:** Choose the least processed foods that are made from whole grains.
 - **Meat, Fish, and Poultry:** The American Heart Association recommends two servings of fish per week. Choose lean cuts of meat (round and loin cuts). Opt for skinless poultry. Watch serving sizes!
 - **Dairy:** There are plenty of low or nonfat options and pre portioned items. Again, watch serving sizes!
 - **Frozen Foods:** Keep frozen fruits and veggies in stock. Choose whole grains when appropriate.
 - **Canned and Dried:** Canned fruits and veggies should also be kept on hand. Watch sodium levels and choose items packed in water or juice.
- **Simple Shopping Rules:**
 - Stay to the perimeter as much as possible.
 - Choose real foods.
 - Avoid Cartoons on the labels
 - Avoid foods with long lists of ingredients.

Produce: Double up!

What vegetable have you not tried?

What fruit have you not tried?

Describe one way it is prepared and eaten.



If each member of your family were to eat the recommended 2 cups of fruits and 3 cups of veggies, how much would you have to buy each week?

Dairy: Bone up with low fat dairy!

How many grams of fat are in your family's choice for milk?

Which milk has the most calcium?

Note: There are 5 grams of fat in a teaspoon.

4 Do you have a "big" milk drinker in your family?

Ice Cream: add fruit, nuts to cut serving size

How many calories and fat grams are in your favorite ice cream? What is a serving size?

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Yogurt: As much sugar as a candy bar?

How many teaspoons of sugar are in your favorite yogurt?

What is a healthy choice in yogurt?



Compare Cheeses: Don't be afraid to try reduced fat

- Regular
- 2%
- Non-fat
- Cottage Cheese
- Ricotta
- Parmesan
- Swiss

Canned: Hold the salt!

Find canned vegetables with no added salt:



Find the spaghetti sauce with the least sodium.

Find the sodium content of your family's favorite soups

What are some healthy choices?

Note: Keep sodium intake under 2,000 mg a day for a healthy health.

Canned Fruit: Where's the fiber?

Find a favorite canned fruit that has no added sugar:



Beans: Nature's powerhouse

What type of beans have you cooked?

What ways can you use beans as "fast food"?



Cereal: Start your day off with a whole grain

Find three whole grain cereals



Cereal: A great source of fiber

How much fiber is in your family's favorite cereals?



What cereals can you find that your family would eat, that has have less than 1/3 of the total carbs as sugar?

Find your family's favorite breads.

What is the first ingredient of each?

How much fiber is in each slice?

Bread



Granola and sports bars:

Check out the calories, fat and fiber of your family's favorite snacks.



Frozen: Become an expert at freezing.

Find the frozen items below:

- Potato product with no fat
- 100% Whole Wheat breakfast Item
- Vegetarian food item you like or would like to try
- One item you have never heard of before

Frozen

Compare (One each) Frozen Meals: Sat fat, sodium, and Veggie Servings (if any!)

- Hungry Man
- Lean Cuisine
- Kashi
- Amy's
- Smart Start
- Healthy Choice
- Banquet

Frozen

Find frozen vegetables that you have never tried:

Single Veggies:

Multiple Veggies:

Frozen means convenient!

How many frozen fruits are available?

Single Fruit:

Multiple Fruit:

Notes





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Class schedules are found on line at:
<http://www.med.navy.mil/sites/nhbrem/>