



TIPS FOR BETTER NUTRITION ON A TIGHT BUDGET

Have a plan. Shop smart.

Have a plan

- Know your food budget
- Plan nutritious meals and snacks you'll **prepare at home** that include fruits, vegetables and whole grains
- Prepare a shopping list - know what you have on hand, especially perishable foods, and plan for leftovers
- Choose a competitively-priced supermarket (check prices online or in newspaper ads) that's close to home or work, with high-quality produce
- Don't shop when you're hungry
- Clip coupons and check ads for foods you know you need

Shop smart

- Stick to your list
 - Select fresh fruits and vegetables in season; buy frozen or canned when they're not in season
 - Stay flexible - take advantage of foods on sale you know you'll eat
- Compare prices
 - Use **cost per unit** shelf stickers to compare brands and sizes
 - Look at **cost per serving** with meat; boneless lean meat (though more expensive) may be a better buy than lower priced bone-in, fattier cuts
- Balance the cost of foods with the preparation time required
 - If you won't wash, peel and chop produce, buy it already prepared
- Don't buy it unless you're sure it will be eaten
- Compare the savings of shopping at one store with some sales to the fuel and time cost involved in shopping at several stores to get better prices on every item
- Check out nearby farmers' markets for fresh, local produce, meats and other foods

Food Check-Out Week is February 21-27, 2010 and is sponsored by the American Farm Bureau® Women's Leadership Committee.



UNDERSTANDING FOOD LABELS

Most packaged foods have a Nutrition Facts label. Use it to make smart food choices.

Serving Size

The nutrient information is based on ONE serving. Know the size of a serving, how many servings are in a package and think about the number of servings you usually consume.

Calories

The energy or calories in one serving is listed, along with calories from fat. Fat-free and low-fat foods may have as many calories as the full-fat version of the same product.

% Daily Value

% Daily Value (%DV) tells you how the food fits into a daily diet. The %DV is based on nutrient recommendations for a 2,000 calorie diet. Think of 5% or less as “low” and 20% or more as “high.”

Fat, Saturated Fat, Trans Fat, Cholesterol, Sodium

Avoid eating too much fat, saturated and trans fats, cholesterol and sodium. Look for lower %DV numbers. Trans fat doesn’t have a %DV, but consume as little as possible.

Carbohydrate, Fiber, Sugars

Reach for healthy carbohydrate, fiber and sugar sources, such as whole grains, fruits, vegetables and beans. There’s not a %DV for sugar, but use the gram amount to compare sugar content among products.

Protein

Most Americans get plenty of protein so a %DV is not usually listed. Look for lean, low-fat sources of meat, poultry, dry beans, milk and milk products.

Potassium, Vitamins A and C, Calcium and Iron

Get plenty of fiber, Vitamins A and C, calcium and iron. Look for higher %DV numbers; 10% is considered a good source.

Percent DV footnote, Daily Values for fat, saturated fat, cholesterol, sodium, carbohydrate and fiber

These footnoted Daily Value numbers are experts’ nutrient recommendations for a 2,000 calorie and a 2,500 calorie diet. These numbers don’t change from package to package.

Ingredients list

Ingredients are listed in order by amount - from most to least. For example, if the bread you’re buying is mainly whole grain, the first ingredient will be “whole grain” wheat, oats, corn, rye or other grain. Also, check here for ingredients you want to either avoid or increase in your diet.

Nutrition Facts	
Serving Size 3 oz (85g)	
Servings Per Container 1	
Amount Per Serving	
Calories 180	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 40g	20%
Trans Fat 0.5g	
Cholesterol 70mg	23%
Sodium 60mg	3%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 22g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
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 • Carbohydrate 4 • Protein 4	

Visit www.cfsan.fda.gov/label.html for more label reading tips.

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UNDERSTANDING WHAT MYPYRAMID MEANS

Use MyPyramid to guide grocery shopping and healthier eating for you and your family.



Grains - Make half your grains whole

- Eat at least 3 oz. of whole grain bread, cereal, crackers, rice or pasta every day
- 1 oz. is about 1 slice bread, 1 cup breakfast cereal or 1/2 cup cooked rice, cereal or pasta

Vegetables - Vary your vegetables

- Eat more dark green veggies like broccoli, spinach and other dark leafy greens
- Eat more orange vegetables like carrots and sweet potatoes
- Eat more dry beans and peas like pinto beans, kidney beans and lentils

Fruits - Focus on fruits

- Eat a variety of fruit
- Choose fresh, frozen, canned or dried fruit
- Go easy on fruit juices

Dairy - Choose calcium-rich foods

- Go low-fat or fat-free when you choose milk, yogurt and other milk products
- If you don't or can't consume milk, choose lactose-free products or other calcium sources, such as fortified foods and beverages

Meat & Beans - Go lean with protein

- Choose low-fat or lean meats and poultry
- Choose low-fat cooking methods, including baking, broiling or grilling
- Vary your protein sources by choosing fish, beans, peas, nuts and seeds

Find your balance between food and physical activity

- Stay within your daily calorie needs
- Be physically active for at least 30 minutes most days of the week
- Children and teenagers should be physically active 60 minutes daily

Limit salt (sodium) and discretionary calories from fats and sugar

- Look for sources of Omega-3 fatty acids, such as fish, nuts and some vegetable oils
- Limit fats that are solid at room temperature - they are higher in saturated fat than oils, which are liquid at room temperature
- Choose foods and beverages low in saturated and trans fats, sodium and added sugars

Go to www.mypyramid.gov for information on physical activity, individualized menu planning, specific serving amounts and size information, more tips and other resources.

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HOW MUCH SHOULD I EAT?

Most of us don't measure or weigh every bite of food. So how do you know if it's too little, enough or too much? Let USDA's MyPyramid guide you.

MyPyramid recommends:

Grains

Eat 6 oz. every day; make 3 oz. whole grains.*

Count these as 1 oz.:

- 1 slice bread
- 1 cup ready-to eat cereal
- ½ cup cooked rice, cooked pasta or cooked cereal
- 1 mini bagel
- ½ English muffin
- 1 (4 ½ inch) pancake

Vegetables

Eat 2 ½ cups every day.*

Count these as 1 cup:

- 1 cup raw or cooked vegetables or vegetable juice
- 2 cups raw leafy greens
- 12 baby carrots
- 1 large bell pepper
- 1 large ear corn

Fruits

Eat 2 cups every day.*

Count these as 1 cup:

- 1 cup fresh fruit or 100% fruit juice
- ½ cup dried fruit, such as raisins, plums or apricots
- 1 small apple
- 8 large strawberries
- 32 grapes

Dairy

Get 3 cups (2 cups for kids age 2-8) every day.*

Count these as 1 cup:

- 1 cup milk
- 1 cup (8 oz.) yogurt
- 1 ½ ounces natural cheese
- 2 cups processed cheese
- ⅓ cup shredded cheese
- 2 cups cottage cheese
- 1 cup pudding made with milk

Meats & Beans

Eat 5 ½ oz. every day.*

Count these as 1 oz.:

- 1 oz. cooked lean beef, pork or ham, chicken, turkey or fish
- ¼ cup cooked dry beans (black, kidney, pinto, white)
- 1 egg
- 1 tablespoon peanut butter or almond butter
- ½ oz. nuts or seeds (12 almonds or 24 pistachos or 7 walnut halves)
- 2 tablespoons hummus
- ¼ cup (2 oz.) tofu

** For a 2,000 calorie diet, you need these amounts from each group.*

Visit www.mypyramid.gov for more information on how much, and what, is recommended in each food group.

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