



Shopping with the Guidelines

DIETARY GUIDELINES FOR AMERICANS 2005
www.healthier.us.gov/dietary_guidelines

Tip Sheet: Healthy Eating Starts with Healthy Shopping

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shop.htm

This 1-page tip sheet provides suggestions for lower fat and lower calorie foods to fill the kitchen with when one goes shopping.

Low Calorie Shopping List

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/shop_lst.htm

This one pager describes how to use the Nutrition Facts Label when shopping for low calorie foods.

Fat-Free Versus Regular Calorie Comparison

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/fat_free.htm

This one pager describes common fat-free or reduced fat foods that don't necessarily mean low calorie foods when compared to the regular versions.

Lower Fat, Lower Calorie Alternative Foods

http://www.nhlbi.nih.gov/health/public/heart/obesity/lose_wt/lcal_fat.htm

This is 2-pager is a great resource for offering suggestions for lower-fat versions of higher-fat foods.

Fruit and Vegetables of the Month (CDC 5 A Day)

<http://www.cdc.gov/nccdphp/dnpa/5aday/month/index.htm>

This link takes you to CDC's Fruit and Vegetables of the Month yearly calendar. Each month has a fruit and vegetable that is featured and information about the fruit and vegetable is provided, including its origin, nutrient information, how to shop for them, storage, and recipes.