

# Facts Up Front Shopping Tips

Facts Up Front can help you compare foods in the grocery store and make healthier choices for your family. Choose foods that have:

- **More nutrients needed for good health**
  - Look for potassium, fiber, calcium, protein, iron and vitamins A, C and D in Facts Up Front labels
- **Lower saturated fat**
  - Choose oils for cooking
  - Choose lean cuts of your favorite meats
  - Choose low-fat or fat-free dairy products
  - Enjoy seafood a few times a week
- **Less sodium**
  - Use Facts Up Front to help identify products with lower amounts of sodium
  - Try the reduced sodium versions of your favorite foods
  - Use more herbs and spices in your cooking to add flavor
- **Less sugar**
  - To satisfy your sweet tooth, eat fruits for snacks and/or dessert
  - Drink water when you're thirsty
- **Calories that help you meet your daily target**
  - Use the Facts Up Front nutrient calculator to determine your daily calorie needs
  - Use Facts Up Front labels to see how many calories are in a serving

# Facts Up Front Meal Planning Tips

Simple steps can help you plan meals your family will love that will keep them healthy. The U.S. Department of Agriculture's MyPlate provides a helpful visual for how your plate should look. Here are tips to help you plan healthy meals

- **Make half of your plate fruits and veggies**
- **Select lean protein**
- **Choose whole grains**
- **Choose low-fat or fat-free dairy**
- **Measure portion sizes**
  - Use smaller plates so you eat less food
  - Check serving size on Facts Up Front labels

