

Tips on Reading a Nutrition Facts label

Choosing a whole grain

Look at the list of ingredients. The first item on the list should be a whole grain (e.g. whole wheat, brown rice, rye, oats). Read ingredient labels even if the package says "Made with whole grain." These foods may contain only small amounts of whole grains.

Limit saturated and trans fat

Eating less saturated and trans fat may help reduce the risk for heart disease. Use the % Daily Value column for these nutrients and aim for 5 percent or less. Zero grams of trans fat is ideal.

Start with serving size

If you are watching your weight, glancing at calories is important, but also pay careful attention to serving size. If you eat double the serving size, you have to count double the calories.

Sneak a peak at sodium

Don't rely on your taste buds alone to tell you if a food is salty. You may be surprised where sodium can hide!

Create a Healthy Plate

Fill half your plate with fruits and vegetables

Fill one quarter with lean protein

Fill one quarter with whole grains or other carbohydrate foods

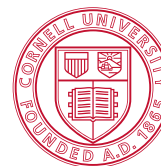


This message is brought to you by the Diabetes Resource Coalition of Long Island and Cornell Cooperative Extension of Suffolk County.

For more information, call
631-727-7850, ext.123
or visit
www.longislanddiabetes.org
or www.cce.cornell.edu/suffolk

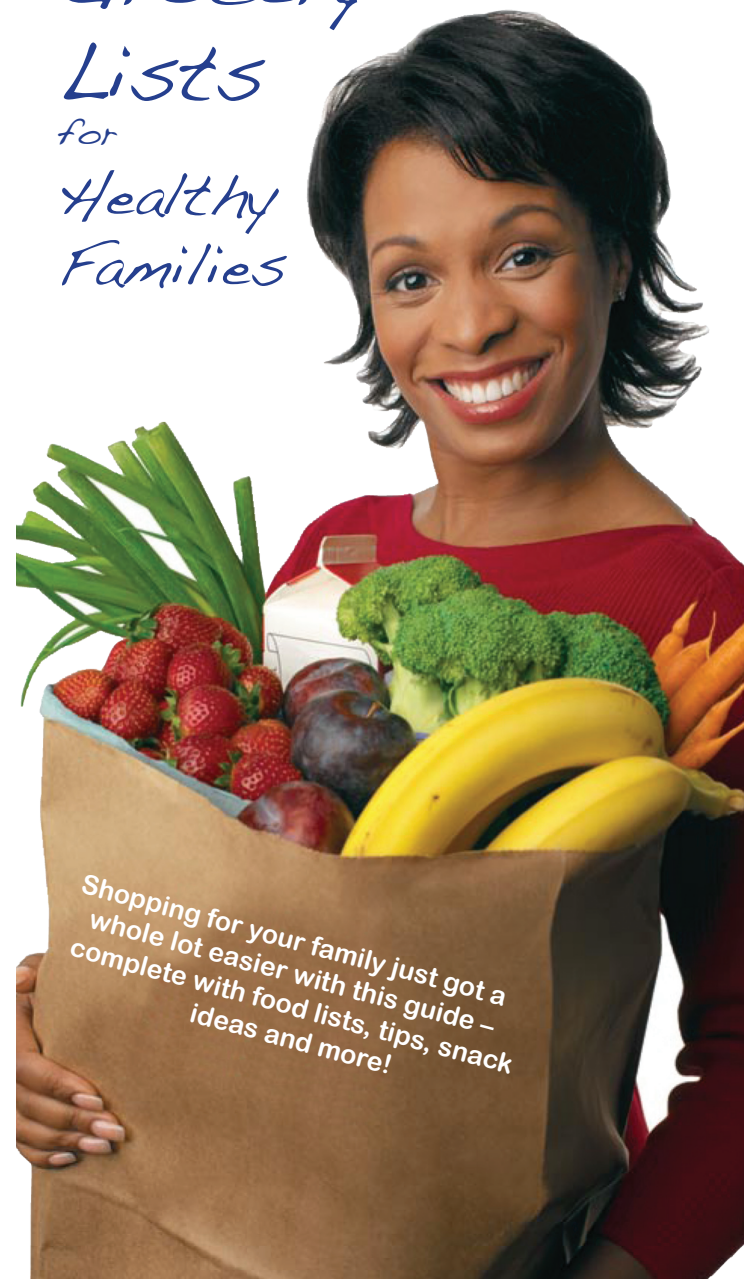
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Cornell University
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Grocery Lists for Healthy Families



Grocery Lists for Healthy Families

Fruit

- | | |
|--------------------------------------|-------------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> Bananas |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Peaches | <input type="checkbox"/> Melon |
| <input type="checkbox"/> Berries | <input type="checkbox"/> Grapefruit |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Cherries |
| <input type="checkbox"/> Plums | <input type="checkbox"/> Tangerines |
| <input type="checkbox"/> Apricots | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Kiwi | <input type="checkbox"/> Pineapple |
| <input type="checkbox"/> Other _____ | |

Vegetables

- | | |
|--------------------------------------|-----------------------------------|
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Carrots | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Artichokes | <input type="checkbox"/> Cabbage |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Onions | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Kale |
| <input type="checkbox"/> Cauliflower | <input type="checkbox"/> Collards |
| <input type="checkbox"/> Green beans | <input type="checkbox"/> Beets |
| <input type="checkbox"/> Other _____ | |

Legumes

- ☐ Beans (e.g. black, kidney, garbanzo, soy)
- ☐ Lentils
- ☐ Split peas

Dairy

- ☐ Milk (fat-free, low-fat, or soy)
- ☐ Yogurt (fat-free or low-fat)
- ☐ Cheese (fat-free, low-fat, reduced-fat, light, or part-skim)
- ☐ Other _____

Bread, wraps, etc.

- ☐ Whole wheat, rye, or other whole grain bread
- ☐ Whole wheat pitas
- ☐ Whole wheat wraps
- ☐ Whole wheat English muffins

Whole grain cereals

- ☐ Shredded wheat
- ☐ Cheerios®
- ☐ Oatmeal/Oat bran
- ☐ Grape-nuts®
- ☐ All-Bran® or Fiber One®
- ☐ Kashi®
- ☐ Other _____

Grains & other starches

- ☐ Brown rice
- ☐ Whole wheat pasta
- ☐ Whole wheat couscous
- ☐ Barley
- ☐ Potatoes / Yams
- ☐ Acorn / Butternut squash
- ☐ Other _____

Snack foods

- ☐ Smart Balance® popcorn
- ☐ Kashi® granola bars
- ☐ Soy crisps
- ☐ Pita chips
- ☐ Rice cakes
- ☐ Animal / Graham crackers
- ☐ Other _____

Lean protein

- ☐ All fish and shellfish
- ☐ Skinless poultry*
- ☐ Lean pork*
 - pork loin
 - tenderloin
 - center loin
 - ham
- ☐ Lean beef*
 - eye round
 - sirloin tip
 - top round
 - bottom round
 - top sirloin
- ☐ Processed meats with no more than 3 grams of fat per serving
 - 97 percent lean ground poultry
 - low-fat, low-sodium lunch meats (turkey, ham, roast beef)
 - other
- ☐ Egg whites or egg substitute
- ☐ Vegetarian products
 - tofu or tempeh
 - veggie burgers

**trim any visible fat*

Healthy fats

- ☐ Olive / Canola oil
- ☐ Nuts / Seeds
- ☐ Natural peanut butter
- ☐ Hummus
- ☐ Avocado
- ☐ Flaxseed meal
- ☐ Other _____