Resources

Helpful web sites:

Label reading:

- www.cfsan.fda.gov/~dms/foodlab.html

Healthy eating:

- www.nutrition.gov
- www.metrokc.gov/health/nutrition/

Puget Sound Fresh:

- www.pugetsoundfresh.org

For more information please call Diana at (206)263-8263 or visit web site at: www.metrokc.gov/health/steps/

Supporting partners

Healthy & Active Rainier Valley Coalition — Coming together for better health

STEPS to HEALTH King County

Public Health Seattle & King County

Shop Arounds

Learn how to shop for healthy and thrifty foods for you and your family

What are shop arounds?

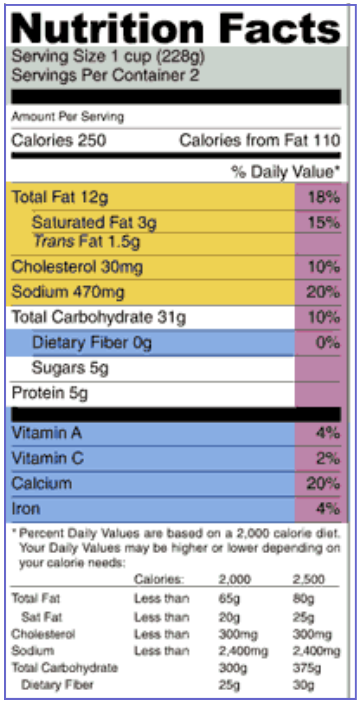
Shop arounds are tours of grocery stores led by peer educators trained in basic nutrition and label reading. These interactive tours show people how to find foods high in fiber and nutrients and low in sugar, saturated fats and salt.

Did you know?

- Some packaged noodles have a whole day's worth of salt.
- Many yogurts have the equivalent of 6 or more teaspoons of sugar.
- Turkey bacon may not be a heart healthy choice.
- What "natural", "sugar-free" or "fat free" really mean?

What will you learn on a shop around?

- How to make sense of the nutrition facts label.
- How to compare similar products for nutrition and cost.
- How to choose foods that will help you improve your health.



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%
Trans Fat 1.5g	
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 2,000 calorie diet. 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	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g