

Compare Food Labels to Get the Best Buys

Nutrition Facts	
Amount	% Daily Value
Per 0 mL (0 g)	
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Compare the **Nutrition Facts table on packages** to help you avoid high levels of fat, sugar and sodium (salt).

The information on the table is for the **serving size** shown.

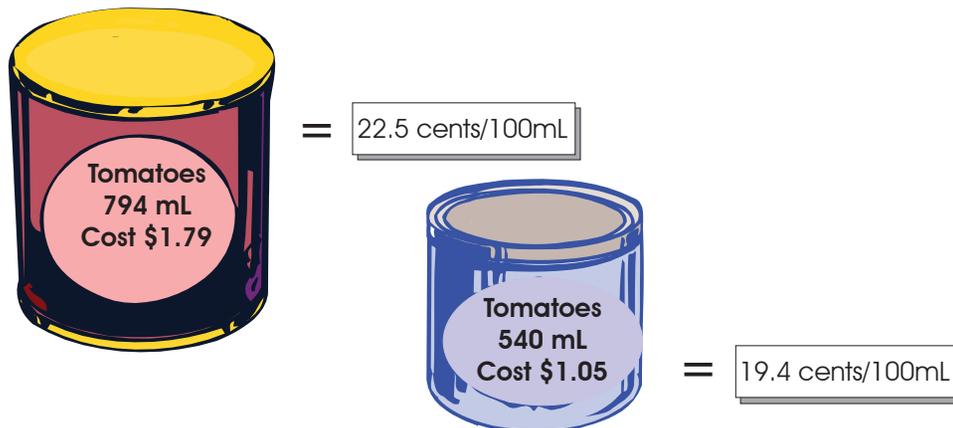
The **weight** tells you how much of a nutrient is in the food.

The **% daily value** tells you if there is a little or a lot of a nutrient in a serving. It is based on amounts needed each day by an average person.

Check the **ingredient list** on the food package because it tells you what is in the food. The first items in the list are the greatest amounts.

If the **'best before' date** is soon, buy foods you know you will use soon, or that can be frozen for future use.

Use the **unit price sticker on store shelves** to get the best deal. Compare prices of 100 mL of tomatoes in two different sized cans below.



Get the Most for Your Food Dollars

Grocery shopping can be very confusing when there are often over 20,000 foods to choose from! Here are some tips to help you choose from *Canada's Food Guide*. The best buys from each of the four food groups can be good for your wallet and your health.

Plan Before You Shop

- Plan your meals and shopping lists using the four food groups.
- Keep easy, healthy recipes handy and buy the ingredients you need.
- Use store flyers, coupons, and our 'best buy' lists to lower your food bill.
- Don't buy costly packaged meals that are high in fat, sugar and salt.



In the Grocery Store

- Stick to your shopping list.
- Don't shop when you are hungry.
- Limit foods that are sold cut, pre-cooked, or in fancy packages.
- Read food labels on packaged foods to see what you are really buying.

Vegetables and Fruit

Best Buys

- Fresh fruits and vegetables 'in-season' & locally grown
- 'Store brand' and 'Grade B' canned vegetables and fruit
- Larger bags of frozen vegetables and fruit
- Potatoes and winter squashes that store well (like acorn, butternut)
- 100% fruit juices when on sale

Food Guide Tips

- Choose vegetables and fruit often.
- Eat at least one dark green vegetable every day (like broccoli).
- Eat at least one orange vegetable or fruit every day (like squash or cantaloupe).
- Have vegetables and fruit more often than juice.
- Choose 100% juice, not fruit 'drinks' or 'cocktails'.
- Avoid vegetables and fruit pre-prepared with added fat, sugar or salt.

Food Preparation Tip: An in-season' chart and information about buying, storing, and preparing Ontario vegetables and fruit can be found at www.foodlandontario.ca



Grain Products

Best Buys

- Plain bread, cereal, pasta, rice and other grains
- Day-old bread or bread on sale
- Larger packages of rice, oatmeal and pastas
- Hot breakfast cereals (cold cereal costs more)
- Larger packages of whole grain or enriched flour

Food Guide Tips

- Each day make at least half of your grain products 'whole grain'.
- Try different whole grains such as brown rice, oats, barley, and wheat.
- Choose grain products lower in fat, sugar and salt.
- Use only small amounts of sauces and spreads high in sugar or fat.

Freezing tip: Most wrapped grain products freeze well for two months.

Meat and Alternatives

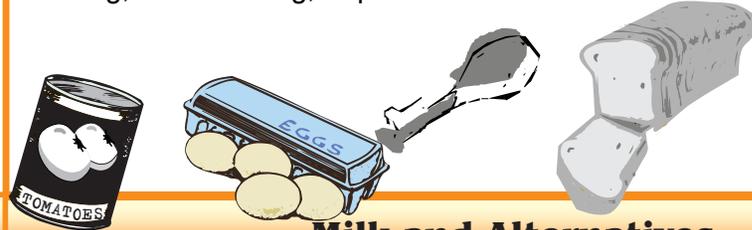
Best Buys

- Eggs or peanut butter
- Dried peas, beans or lentils or cooked, canned brands
- Chicken - bone in and skin on (you can remove), whole thighs, or breasts
- Plain meats and fish (not breaded or in sauces) and canned light tuna
- 'Good value' meat cuts such as ground beef (buy 'lean', or cook meat and drain fat), pork shoulder, and beef cuts such as stewing beef, cross-rib, brisket, and outside, bottom or inside round, or pork shoulder.

Food Guide Tips

- Eat meat alternatives often, like beans, lentils, peanut butter, eggs.
- Eat fish at least twice each week, like char, herring, mackerel, salmon.
- Choose lean meat and meat alternatives and prepare with little added fat or salt.

Cooking Tip: Tenderize less tender cheaper meats by stewing, pot roasting, or marinating, or pound raw meat with a mallet before cooking.



Milk and Alternatives

Best Buys

- Low-fat fluid milk in bags (is cheaper than cartons)
- Powdered milk in large bags (buy only enough for two months)
- Milk on sale (check 'best before' date)
- Canned evaporated milk (skim, 1% or 2%) in place of cream for coffee
- Larger sizes of yogurt (cheaper than individual-serving sizes)
- Larger packages of cheese on sale (use less if strong flavoured)

Food Guide Tips

- Drink skim, 1% or 2% milk daily (age 2 and older).
- Choose lower-fat yogurt with 2% M.F. (milk fat) or less.
- Choose cheese with 20% M.F. (milk fat) or less.
- Limit high-fat cream cheese, cream, sour cream.

Freezing tips: Cheese may crumble when frozen; best if used in cooking. Milk can be frozen for 6 weeks; thaw in refrigerator, shake to re-mix.