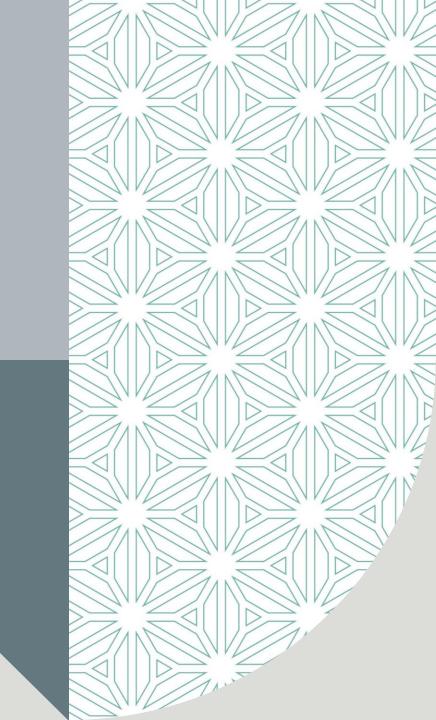
Health
Promotion
Project:
Grocery Store
Tour

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Objectives

- Provide a virtual nutrition tool for the WMFRxP participants and assist with reaching program goals
- Educate on the steps to grocery shop for healthy foods
- Educate on what to look for and avoid in the grocery store
- Instill the knowledge needed to begin making healthy food choices

The Grocery Store Tour

- Unpacking the staple food bag
- Choosing a meal
- Making a list
- Avoiding cravings & unhealthy purchases
- Shopping in the grocery store
 Tips for each department
 What to look for on packaging and food labels
- Handouts

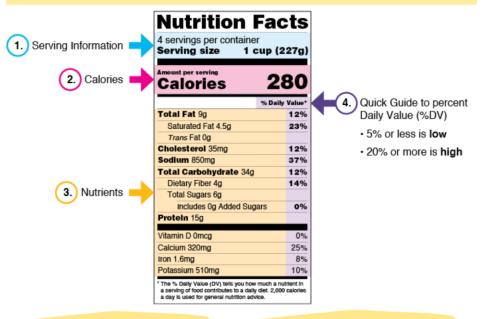


GROCERY LIST

FOR THE WEEK OF:

PRODUCE	DAIRY
	PANTRY
PROTEIN	

How to Read a Food Label



Serving Size & Calories

The serving size reflects the amount that people *typically* eat or drink, and **should not be used as a**

recommendation. All of the nutrient amounts shown on the label, including the number of calories, refer to the size of the serving. In this example, if you ate two cups, you would be consuming two servings. That is two times the calories and nutrients shown in the sample label, so you would need to double the <u>nutrient and calorie amounts</u>, as well as the %DVs, to see what you are getting in two servings. Serving sizes are based on a 2,000 calorie diet

Remember: The number of servings you consume determines the number of calories you actually eat. Eating too many calories per day is linked to overweight and obesity.

Nutrients to Eat Often

Dietary fiber, vitamin D, calcium, iron and potassium are nutrients on the label that Americans do not eat enough of. Eating a diet high in dietary fiber can increase the frequency of bowel movements, lower blood glucose and cholesterol levels, and reduce calorie intake. Diets higher in vitamin D, calcium, iron, and potassium can reduce the risk of developing osteoporosis, anemia, and high blood pressure.

Nutrients & Percent Daily Value

Look at # 3 in the sample label. It shows you some **key nutrients that impact your health.** You can use the label to support your personal dietary needs – look for foods that contain more of the nutrients you want to get more of and less of the nutrients you may want to limit.

A percent daily value (%DV) is considered **low if it is 5% or less**. A %DV is considered **high if it is 20% or more**.

Saturated fat, sodium, and added sugars are nutrients listed on the label that may be associated with adverse health effects – and Americans generally consume too much of them, according to the recommended limits for these nutrients. They are identified as nutrients to get less of.

Ingredient List

The ingredient list shows each ingredient in a food by its common or usual name. Ingredients are listed in descending order by weight, so the ingredient that weighs the most in the product is listed first, and the ingredient that weighs the least is listed last.

For example: if sugar is the first ingredient on the list, that is the most abundant ingredient in that food.

Reflection

- Could have included some more details on how to read a food label, but this could also have an entire video to itself!
- Could have discussed the use of the WMFRxP coupons while shopping
- Overall, the video was a success and it was a fun experience to create it!

- Grocery Store Tour:
- https://youtu.be/ANxAe4T15Yo