

# Resources

## Helpful web sites:

### Label reading:

- [www.cfsan.fda.gov/~dms/foodlab.html](http://www.cfsan.fda.gov/~dms/foodlab.html)

### Healthy eating:

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.kingcounty.gov/health/nutrition](http://www.kingcounty.gov/health/nutrition)

### Puget Sound Fresh:

- [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)



## Supporting partners



# Shop Arounds



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

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

## 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.

<b>Nutrition Facts</b>		
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