

# The Food Cop's Food Shopping Pocket Guide

Use this guide when food shopping to help you make healthy choices for your meals, snacks, and beverages.

*(Directions: Cut on the dotted lines, fold on the solid lines, then tape or staple together.)*

<p><b>Trans Fat:</b> Limit to 1% of your total daily calories.</p> <p><b>Polynaturated Fat / Monounsaturated Fat:</b> Eat foods with monounsaturated or polyunsaturated fats instead of saturated or trans fat.</p> <p><b>Cholesterol:</b> Limit to 300 mg per day.</p> <p><b>Sodium:</b> Limit to 2,300 mg per day.</p> <p><b>Total Carbohydrate:</b> Limit to 60% of your total daily calories. One carbohydrate gram = four calories.</p> <p><b>Protein:</b> Between 10% to 35% of your total daily calories. One protein gram = four calories.</p> <p><b>% Daily Value:</b> Used to determine if a food item is high or low for a particular nutrient. If 5% or less—considered low; if 20% or more—considered high</p>	<h2>Reading Food Labels</h2> <p><b>Serving Size:</b> The calorie and nutrient information on a food label is for a single serving size. If two servings are consumed, it is necessary to double the stated calorie and nutrient information.</p> <p><b>Calories:</b> The total number of calories (energy) per serving. The recommended number of calories varies per individual.</p> <p><b>Calories from Fat:</b> If most of the calories in the food item come from fat, then the food item is high in fat, and vice versa.</p> <p><b>Total Fat:</b> Limit to 25% to 35% of your total daily calories. One fat gram = nine calories.</p> <p><b>Saturated Fat:</b> Limit to 7% of your total daily calories.</p>
<h2>Nutrient Claims</h2> <p><b>Calorie Free:</b> contains less than five calories per serving</p> <p><b>Good Source of:</b> provides at least 10% of the Daily Value of a particular vitamin or nutrient per serving</p> <p><b>High Fiber:</b> contains five or more grams of fiber per serving</p> <p><b>High in:</b> provides 20% or more of the Daily Value of a specified nutrient per serving</p> <p><b>Low Calorie:</b> contains less than 40 calories per serving</p> <p><b>Low Cholesterol:</b> contains less than 20 mg of cholesterol &amp; 2 grams or less of saturated fat per serving</p> <p><b>Low Sodium:</b> contains less than 140 mg of sodium per serving</p> <p>©2013 The Food Cop. All Rights Reserved.</p>	<h2>THE FOOD COP'S Food Shopping Pocket Guide</h2>  <p><a href="http://www.thefoodcop.com">www.thefoodcop.com</a>  <a href="mailto:info@thefoodcop.com">info@thefoodcop.com</a></p>