

Eat  
Well



## USE A LIST WHEN SHOPPING AT THE GROCERY STORE

### Let kids choose healthier foods

- Be a role model and teach kids about making healthy food choices at the grocery store.
- Let younger kids choose which veggies and fruit to buy.
- Encourage older kids to read the Nutrition Facts table on packages.

### Dare to compare

- When you have time, check out new food products and read the Nutrition Facts tables.
- Use the % Daily Value (%DV) on the Nutrition Facts table to compare products and see if the food has **a little** or **a lot** of a nutrient. Remember this: 5% DV or less is **a little** and 15% DV or more is **a lot**.
- If you buy packaged foods, choose those that are healthier, like lower sodium pasta sauce, lower fat cheese and whole grain pasta.

### Shop smart

- Plan healthy meals and snacks before you head to the store.
- Save time! A grocery list will help you navigate aisles quickly.
- Save money! Using a list will help you keep your grocery budget under control.
- Fill your cart with the healthiest choices from the four food groups.
- Add more colour and crunch in the produce section.
- Eat a healthy snack before heading to the grocery store. Taming your hunger will cut down on impulse buys.

Learn more at: [HealthyCanadians.gc.ca/eatwell](https://HealthyCanadians.gc.ca/eatwell)



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