

Navigating the Grocery Store



By Latinas Contra Cancer

The information in nutrition labels and on the ingredient lists of manufactured and processed food products can help us know which choices are the healthiest.

Nutrition Labels

Nutrition Facts	
8 servings per container	← 1
Serving size 2/3 cup (55g)	
Amount per serving	← 2
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	5%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1) "Serving size" refers to the portion or quantity that is represented in the information below. "Servings per container" refers to the number of servings in the package.

2) This refers to the number of calories in one serving.

3) This refers to how much fat, cholesterol, sodium, total carbohydrates, fiber, and total sugar are inside one serving of the product.

4) This refers to the amount of added sugar in one serving.

5) "% Daily Value" is the percentage of the total daily amount that we should consume of each nutrient that is in one serving of the product.

--For example, a serving of the product that has the label on the left contains 10% of the total fat that an adult should eat in a day

--This amount is a good estimate to us to gage how much of a certain nutrient is in the product, but we should not totally trust this amount since how much each person should eat in a day depends on several factors such as age, weight, etc.

6) This refers to how much of certain nutrients are in one serving of the product.

Ingredients List

The list of ingredients for a manufactured product can be found below or next to the nutrition label.

- The list is in order of quantity. The first ingredient on the list is the most abundant ingredient in the product. For example, for bread the first ingredient should be flour.
- The ingredient list is a place where you can check what the products advertisements say
 - For example, if the product says that it has no sugar or that it has real fruit, you can look at the ingredients list to see if it is true.
- A good rule of thumb is to simply look at the ingredient list in order to gage how healthy the product is. Reduce the purchase of products with long ingredient lists and increase the purchase of fresh products or manufactures products with short ingredients lists.

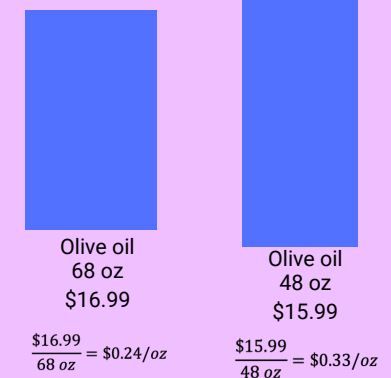
Tricks to Save Money

There are various types of useful information that is present in the price labels of products.



- 1) Name of product
- 2) Weight or quantity of product
- 3) Price of the product that you will pay at the cash register
- 4) Price per unit of product

The **price per unit** is what we should compare between products to know which is the cheapest. Just because a product appears to be cheaper based on the total price, it does not mean that the decrease in size is proportional to the decrease in price.



In the example above, the oil bottle with the least amount is the cheapest, which seems to make sense, but it's only a cheaper by a dollar. If we calculate the price per unit, which can also be seen above, we see that the bottle that costs \$16.99 is actually the cheapest. Although you would be paying more at the register when you pay for the oil, you are actually saving money in the long run because you will have more product at home and you will not have to buy that product as often.