SHOP SMART
Become a smart shopper by reading food labels to find out more about the foods you eat.

• Find out which foods are good sources of dietary fiber, vitamin D, calcium, iron, and potassium.
• Compare similar foods to find out which one is a more suitable choice for your personal nutrition plan.
• Use the label to critically think about nutrient density of the food.

SERVING SIZE
• Look here for both the number of servings in the package and the serving size of one portion.

PERCENT DAILY VALUES
• Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily eating plan.
• 5% or less is low- try to aim low in saturated fat, trans fat, cholesterol, and sodium.
• 20% or more is high- try to aim high in vitamins, minerals, and dietary fiber.

CHECK THE INGREDIENT LIST
• Foods with more than one ingredient must have an ingredient list. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Food manufacturers are required to state if food products contain any ingredients that are derived from the eight major allergenic foods: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, and soybeans.

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Low Desert Food & Farm Alliance | www.hdffa.org | info@hdffa.org | 541-390-3572