
MYPLATE GROCERY

Balance your cart for a balanced plate!

More Shopping Tips!

MyPlate advises people to “Compare sodium content for similar foods, using the Nutrition Facts label to select brands lower in sodium.” The next time you’re in the store, grab a couple of different options for an ingredient and compare the sodium content. Choose one of the options with lower numbers.

Watch out for portion size! When you’re in the store, look at the serving size and number of servings in the food that you’d like to buy. Is it realistic? Will a sugary soda bottle really be used for 2 or 3 separate servings, or, despite what it says on the label, is the drink really going to be consumed all at once? Remember, MyPlate wants to help people enjoy food but eat less of it, counseling, “Avoid oversized portions.”

Shopping with MyPlate:

The food you buy has a huge impact on your eating habits. Make sure that the choices you make are healthful and balanced, starting at the grocery store.

What does that mean?

Well, since MyPlate advises you to fill half your plate with fruits and vegetables at each meal, roughly half your cart should be full of fruits and vegetables in the store. Make lean protein choices, and select dairy foods that are low in saturated fat and added sugars. When it comes to grain foods, make sure that at least half of all the grains you’re eating are whole grains. Skip those processed grains whenever you can.

