



# What to Buy at the Grocery Store

DON'T BUY	BUY
<p data-bbox="615 240 968 272">Regular Coke/Soft Drinks</p> 	<p data-bbox="1335 240 1493 272">Diet Drinks</p> 
<p data-bbox="663 492 921 524">Juice/ Juice Drinks</p> 	<p data-bbox="1293 492 1539 524">Sugar Free Drinks</p> 
<p data-bbox="646 714 938 747">Candy/ Potato Chips</p> 	<p data-bbox="1203 714 1629 747">Fresh, Frozen, or Canned Fruit</p> 
<p data-bbox="590 943 995 976">Canned Fruit in Heavy Syrup</p> 	<p data-bbox="1125 943 1703 976">Canned Fruit in Own Juice or Light Syrup</p> 
<p data-bbox="657 1149 926 1182">Whole or 2% Milk</p> 	<p data-bbox="1276 1149 1556 1182">1% or Fat Free Milk</p> 
<p data-bbox="684 1378 898 1411">Regular Cheese</p> 	<p data-bbox="1192 1378 1633 1411">Reduced Fat or Fat Free Cheese</p> 

DON'T BUY	BUY
<p data-bbox="659 118 867 151">Regular Yogurt</p> 	<p data-bbox="1211 118 1650 151">Reduced Fat or Fat Free Yogurt</p> 
<p data-bbox="602 370 926 435">Frozen Vegetables <u>with</u> Butter or Cheese Sauces</p> 	<p data-bbox="1125 370 1734 435">Frozen Vegetables <u>without</u> Butter or Cheese Sauces or Fresh Vegetables</p> 
<p data-bbox="575 667 953 699">Regular Canned Vegetables</p> 	<p data-bbox="1190 667 1671 699">No Salt Added Canned Vegetables</p> 
<p data-bbox="617 935 911 967">Regular Canned Soup</p> 	<p data-bbox="1199 935 1661 967">Low Sodium Canned Soup/Broth</p> 
<p data-bbox="611 1166 921 1198">Regular Salad Dressing</p> 	<p data-bbox="1157 1166 1703 1198">Reduced Fat or Fat Free Salad Dressing</p> 
<p data-bbox="621 1398 911 1430">Regular Mayonnaise</p> 	<p data-bbox="1226 1398 1629 1430">Light or Fat Free Mayonnaise</p> 

DON'T BUY	BUY
<p data-bbox="590 120 867 152">Regular Sour Cream</p> 	<p data-bbox="1115 120 1623 152">Reduced Fat or Fat Free Sour Cream</p> 
<p data-bbox="562 329 894 362">Sugar Sweetened Cereal</p> 	<p data-bbox="1178 329 1560 402">Unsweetened Cereals with 3 grams of fiber per serving</p> 
<p data-bbox="638 634 819 667">White Bread</p> 	<p data-bbox="1178 634 1560 708"><u>Whole</u> Wheat Bread with 2 grams of fiber per serving</p> 
<p data-bbox="657 872 800 904">White Rice</p> 	<p data-bbox="1077 872 1661 904">Brown, Wild Rice, or Whole Wheat Couscous</p> 
<p data-bbox="548 1099 921 1131">White Pasta/Fried Noodles</p> 	<p data-bbox="1230 1099 1507 1131">Whole Wheat Pasta</p> 
<p data-bbox="632 1351 837 1383">Flour Tortillas</p> 	<p data-bbox="1150 1351 1587 1383">Whole Wheat or Corn Tortillas</p> 

DON'T BUY	BUY
<p data-bbox="709 126 829 154">Crackers</p> 	<p data-bbox="1134 126 1753 191">Whole Grain Crackers with <u>2 grams fiber</u>, <u>0 trans fat</u>, and <u>less than 1 gram saturated fat</u></p> 
<p data-bbox="651 430 892 457">Regular Popsicles</p> 	<p data-bbox="1302 430 1585 457">Sugar Free Popsicles</p> 
<p data-bbox="646 695 896 722">Regular Hot Dogs</p> 	<p data-bbox="1270 695 1621 760">94% Fat Free or Fat Free Beef or Turkey Hotdogs</p> 
<p data-bbox="724 1039 819 1066">Bacon</p> 	<p data-bbox="1123 1039 1759 1066">Center Cut of Pork (Pork Chop and Pork loin)</p> 
<p data-bbox="655 1315 888 1343">Regular Popcorn</p> 	<p data-bbox="1285 1315 1606 1343">94% Fat Free Popcorn</p> 

DON'T BUY	BUY
<p data-bbox="533 191 947 228">Regular Ground Turkey Meat</p> 	<p data-bbox="1199 191 1591 228">Ground <u>White</u> Turkey Meat</p> 
<p data-bbox="594 474 884 511">70/30 Ground Meat</p> 	<p data-bbox="1136 474 1656 511">Lean (93/7) Ground Chuck or Round</p> 
<p data-bbox="468 756 1008 794">Chicken with Skin/ Dark Meat Chicken</p> 	<p data-bbox="1199 756 1591 794">Skinless White Meat Chicken</p> 
<p data-bbox="514 1052 961 1089">Stick Butter, Lard, or Shortening</p> 	<p data-bbox="1121 1052 1673 1127">Soft Tub Margarine with <u>0</u> Trans Fat or Vegetable Oil: Canola, Olive, etc.</p> 