

Directions:

As a group of 2 or 3 people, walk around the perimeter of the store to select food choices for the items below. Then go to the aisles in the middle of the store. Reconvene at front of store in 15 minutes.

Item	Best Choice	Poor Choice
Fruit	<ul style="list-style-type: none"> • Fresh Fruit • Frozen w/out added sugar 	<ul style="list-style-type: none"> • Canned in heavy syrup
Vegetable	<ul style="list-style-type: none"> • Fresh vegetables • Frozen vegetables - no sauce 	<ul style="list-style-type: none"> • Mixed vegetables in butter or cream sauce
Milk	<ul style="list-style-type: none"> • Low-fat milk • Fat-free milk 	<ul style="list-style-type: none"> • Whole milk
Beverages	<ul style="list-style-type: none"> • 100% fruit juice • Flavored seltzer water • Water 	<ul style="list-style-type: none"> • Soda with corn syrup • Energy drink • Alcohol
Frozen Meal	<ul style="list-style-type: none"> • Low-sodium, low-fat frozen meal (≤ 500 cal; ≤ 10 g fat; ≤ 600 mg sodium) 	<ul style="list-style-type: none"> • Chicken pot pie • Frozen burrito • Any meal outside of ranges in “best choice”
Snack	<ul style="list-style-type: none"> • Pretzels with hummus or salsa • Greek yogurt or yogurt with ≤ 20 g sugar/svg • Lightly salted or unsalted almonds 	<ul style="list-style-type: none"> • Candy bar • Potato chips • Ice cream • Yogurt with ≥ 20g sugar/svg