



# BUILDING A BETTER BASKET

*grocery shopping for a healthier lifestyle*

## Calculate Your MyPlate Plan

The MyPlate Plan\* shows you what and how much to eat from the food groups over the course of a day. MyPlate Plans are available in multiple languages and have been culturally adapted to reflect the foods of these cultures.

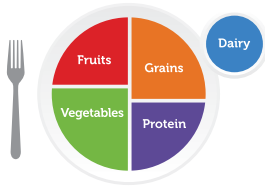
Visit [myplate.gov/myplate-plan](https://myplate.gov/myplate-plan) to get started on a MyPlate Plan.

## Shop Simple with MyPlate App

**MyPlate** can help you make healthy choices within your budget. Find savings in your area and discover new ways to prepare budget-friendly foods. Scan the QR code to get the app.



Start simple  
with MyPlate



## Start Simple with MyPlate

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Focus on whole fruits

Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.



### Vary your veggies

Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.



### Vary your protein routine

Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.



### Make half your grains whole grains

Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.



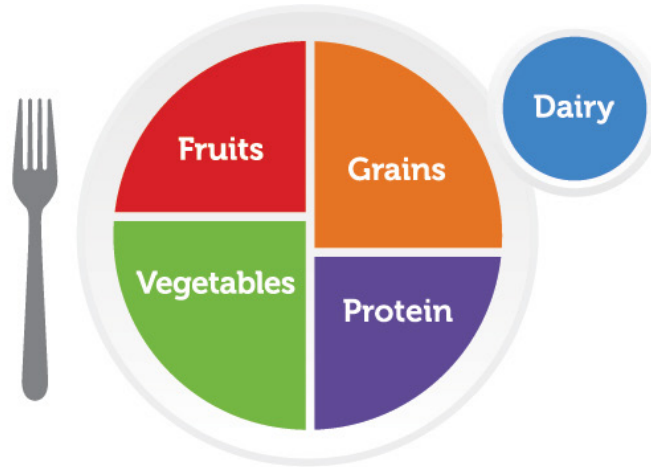
### Move to low-fat or fat-free dairy milk or yogurt (or lactose-free dairy or fortified soy versions)

Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.



### Drink and eat less added sugars, saturated fat, and sodium

Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use [Nutrition Facts labels](#) to compare foods.

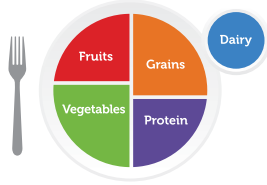


# Start *simple* with **MyPlate**

## Budget Saving Tips

- **Compare similar products.** Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option. Stretch your food dollars.
- **Add beans and canned or frozen vegetables** to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.
- **Look for on-sale produce.** Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.

Start simple  
with MyPlate



# Eat Healthy on a Budget

Healthy eating is important at every age—and can be done on a budget. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Plan, plan, plan

Plan your meals for the week based on your food budget and make a grocery list that includes staples and perishables. Save money by buying only what you need.



## Compare similar products

Locate the “unit price” on the shelf sticker near the item price. Compare different brands and sizes for the best money-saving option.



## Stretch your food dollars

Add beans and canned or frozen vegetables to bulk up your meals and make your food dollars go farther. You will reap the benefits of extra fiber, vitamins, and nutrients while feeling full.



## Grow your own in your home

Grow herbs like basil and oregano inside your home for a fraction of the price. Small gardens can be grown on a windowsill or a kitchen counter.



## Buy in bulk

Save money by buying larger quantities of foods that store well like whole grains, canned or dried beans, and frozen vegetables. Don't overbuy foods that you will throw out later.



## Look for on-sale produce

Grocery stores rotate their sales and buying what is on sale is a great way to save money and get variety. Do the same with frozen and canned items.



# EAT SMART

## WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices.

Here's what to look for:

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* 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.

### Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

### Check total calories.

Do the math to know how many calories you're getting if you eat the whole package.

### Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat.

### Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, including calcium, dietary fiber, iron, potassium and vitamin D.

### Understand % Daily Value.

- The % Daily Value ( ) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less).
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV—(20% or more).



# Easy And Healthy Swaps To Make At The Grocery Store

By Shopify API

[Scan the QR code at the bottom of the page or click the link to read the full article.](#)

**Small changes to your grocery cart can lead to big health benefits.** Swap processed foods for easy-to-prepare whole foods to reduce added sugars, sodium, and fillers while increasing essential nutrients. Use a well-planned list to shop smart for your health and budget!



## **SKIP: Frozen taquitos**

Frozen taquitos and tacos may be tasty but they are loaded with sodium and fat.

### **WHAT'S BETTER**

Make your own in minutes with corn tortillas, shredded chicken, garlic, onion, Romaine lettuce, radish and a squeeze of lime to pump up the flavor.



## **SKIP: Veggie Burgers**

Many commercial veggie patties aren't actually made from vegetables. Instead they are made from highly processed soy or textured vegetable protein, which is derived from soy and/or wheat.

### **WHAT'S BETTER**

Choose a burger that gets its protein from nuts, beans, or whole grains. Or you can make your own with these tasty [Non-Meat Burger recipes](#).



## **SKIP: Juice drinks**

Store bought juice drinks and cocktails are loaded with refined sugar and rarely contain more than 20% real fruit juice.

### **WHAT'S BETTER**

Instead choose 100% fruit juice. An even better choice is to enjoy a piece of whole fruit, which has fiber to help keep you full for longer.

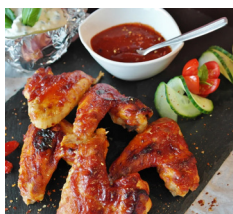


## **SKIP: Veggie Chips**

Veggie chips aren't much better for you than traditional potato chips. Often the only veggie that they contain is a vegetable based food coloring. Be sure to check the ingredient list!

### **WHAT'S BETTER**

Roasted chickpeas are crunchy, salty, and satisfying and they also come in a variety of flavors. You can also roast and season your own at home.



## **SKIP: Packaged seasoned chicken wings**

These wings are filled with sodium and fat and often have a lot of preservatives.

### **WHAT'S BETTER**

Buy a package of uncooked chicken wings, season to taste, and bake them at home. Your digital kitchen thermometer will let you know when they have reached the optimal internal temperature.

**WANT TO LEARN ABOUT MORE HEALTHY SWAPS?**

You can read the full article on Eat Smart by scanning the QR code.





# CREATE A GROCERY GAME PLAN

## GROCERY LIST

### FRUITS

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### GRAINS (BREADS, PASTAS, RICE, CEREALS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### DAIRY (MILK, YOGURT, CHEESE)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### VEGETABLES

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### PROTEIN FOODS (MEAT, SEAFOOD, NUTS & SEEDS, EGGS, SOY PRODUCTS, AND BEANS, PEAS & LENTILS)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### OTHER

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

### NOTES:

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# THANK YOU!

A huge thank you to everyone who participated in our **virtual AFL Building a Better Basket** session! We appreciate your time, engagement, and commitment to making healthier choices. **We hope you found the information valuable and feel empowered to build a better grocery basket.**  
Keep up the great work on your wellness journey!