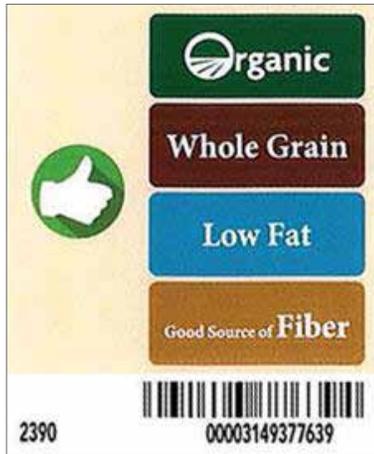


Your Guide to Nutrition



The military community should have confidence in building their basket with us using the Nutrition Guide Program (NGP) because it's scientifically credible. It was designed in collaboration with dietitians throughout the Department of Defense.

- ▶ It helps you build a healthy eating pattern
- ▶ The color-coded nutrition attribute shelf tags: low sodium, low fat, whole grain, no added sugar and great source of fiber
- ▶ The thumbs call out high nutrition quality and high performance food
- ▶ Serves as an easy-to-use guide for your grocery shopping choices

Use the guide to help meet your health and wellness needs.

Dietitian Approved  *We did the work for you!*
Build Your Basket With Us!

▶ Fill your cart with mostly:

- ✓ Fresh produce
- ✓ Lean meats and eggs
- ✓ Heart healthy fats from fish, nuts and seeds, avocados, olive and canola oil, etc.
- ✓ Items that have the Thumbs Up icon

▶ Remember:

- ✓ It's okay to include a few indulgences and treats, just use the nutrition attributes to guide you.

Deborah M. Harris, MPH, RDN, CDE
DeCA Dietitian



"Thumbs Up"

High nutrition quality food
High performance food

Low Sodium

Items that are low in sodium,
≤ 140mg per serving & RACC*.

Whole Grain

Items that are made with whole grain & contain at least 8g of whole grain.

No Sugar Added

"No Added Sugars" & "Without Added Sugars" are allowed if no sugar or sugar containing ingredient is added during processing.

Low Fat

Items that contain ≤ 3g total fat per serving; for Meals/Main Dishes: ≤ 3g total fat per 100g.

Good Source of Fiber

Items with at least ≥ 10% Daily Value for Fiber per serving & are low in fat.

Organic

Items that have been certified as "USDA Organic."

RACC: The regular amount commonly consumed for food types. This amount is determined by the FDA. The serving size listed on the package may not equal the RACC.



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