

## Our Purpose

Shopping for healthy food can be a challenge. From health conditions to food allergies we have a program to help you build a better basket.

## Our Programs

### In the Community

Request a Registered Dietitian to speak to your group or attend your health fair.

[www.unitedsupermarkets.com/dietitianourrequest](http://www.unitedsupermarkets.com/dietitianourrequest)

### Online

Submit your questions to our dietitians at

[www.unitedsupermarkets.com/ask-the-experts](http://www.unitedsupermarkets.com/ask-the-experts)

### On the Shelf

NuVal

Dietitian's Top Pick

Health Tags

See the map inside!



## HEALTHY Shopping Tips

- Plan a menu, then make a list of the items you need.
- Use the ad to help you with your list, or to stock up on regularly used items.
- Eat the rainbow - choose fruits and vegetables in lots of different colors.
- Look for low fat dairy options or milk alternatives.
- Choose lean meats or skinless poultry.
- Select foods that are as close to their natural state as possible.
- Choose foods with the shortest ingredients lists.
- Use NuVal scores. Look for the highest NuVal number in each category.
- Look for our Health Tags on price tags to help you quickly find foods with healthy attributes.
- Be spicy! Try new spices to flavor your food instead of salt or butter.

 Amigos™



*Making healthy shopping easier!*



## Here for You

We are a team of registered dietitians here to help you build a better basket. From Lubbock to Amarillo, Wichita Falls and all across West Texas, we have you covered.



Six ways our shelf tags help you build a better basket.

## Cold Cereal



1

Both of these cereals are high in **FIBER**. One has a NuVal score of **48**, one is only a **23**. NuVal and Health Tags can help you choose the most nutritious high **FIBER** cereal.

## Hot Cereal



2

Comparing these 2 oatmeals, one has a higher NuVal score and a **HEART HEALTHY** tag. Looking at the price you see the cereal with the higher NuVal score is on sale. Better nutrition at a better price!

## Gluten-Free



3

Look for our **GLUTEN FREE** products on the gluten-free aisle and in the frozen section.



# build a better basket

Making healthy shopping easier!

## Dairy



Our health tags can help you find **ORGANIC**, **GLUTEN FREE**, **LOW SODIUM**, or **HEART HEALTHY** dairy (non-dairy) options.

## Canned Food



4

Canned fruits and vegetables provide great nutrition on a budget. Look for **LOW SODIUM**, **HEART HEALTHY**, **100% JUICE** tags and higher NuVal scores for the best choices.

## Bread



5

Use NuVal to help you find the best **WHOLE GRAIN** bread. Look for the **DIETITIAN'S TOP PICK** tags for the most nutritious breads on the aisle.

## Juice



6

These three juices all say **100% JUICE**, but the third juice has a **DIETITIAN'S TOP PICK** tag which means it has one of the highest NuVal scores for juice.



- A food scoring system that ranks food 1-100
- The higher the score, the better the nutrition
- Right on the price tag



- Select foods in each category with the highest NuVal scores.
- Just like having your own personal dietitian!



- Health tags allow you to quickly identify foods that are helpful for your health condition and preferences.
- Products can receive up to 3 of the most important health tags on the price tag.



Put it all together!

Below you can see NuVal, Health Tags, and Dietitian's Top Pick

**GREEK GOD FF YOG PLAIN**  
 .248 Per OZ  
 6.00 OZ

**99**  
 NuVal™

**1.49**  
 07835554000

12PK KEHE 09/24/13

**DIETITIAN'S TOP PICK** **LOW SODIUM** **HEART HEALTHY**