

Shopping Cheat Sheet: A Quick Guide to Finding Healthy Foods

The Shopping Cheat Sheet is a tool designed to help you determine which foods are the most nutritious choices as determined by calories and fat. The limits for fat are based on the Delaware CACFP/*Delacare* Rules, which state that no more than 35% of an item's calories may come from total fat for fried and pre-fried and then baked fruits, vegetables and meats. The shopping cheat sheet may be used to choose healthier options in any of the meal component groups.

The Shopping Cheat Sheet should be used as follows:

1. On the nutrition facts label of a product, look at the calories per serving.
2. Choose the row to use on the Shopping Cheat Sheet by rounding the calories on the label **DOWN** to the nearest row on the Cheat Sheet. For example, if the product label lists 116 calories per serving, use the row for 110 on the Cheat Sheet.
NOTE: Always round down!
3. Look at the total fat grams on the product label.
4. Compare the number of fat grams on the label to the number on the shopping cheat sheet.
5. If the number on the label is less than or equal to the number of fat grams allowed for the calorie amount on the Cheat Sheet, the product meets Delaware CACFP/*Delacare* Rules. If not, the item does not meet the rules; choose a different product.

CALORIES	TOTAL FAT GRAMS (g)
100	less than 4
110	less than or equal to 4
120	less than 5
130	less than or equal to 5
140	less than or equal to 5
150	less than 6
160	less than or equal to 6
170	less than 7
180	less than or equal to 7
190	less than or equal to 7
200	less than 8
210	less than or equal to 8
220	less than 9
230	less than or equal to 9
240	less than or equal to 9
250	less than 10
260	less than or equal to 10
270	less than 11
280	less than or equal to 11
290	less than or equal to 11
300	less than 12

Total fat = gram equivalent
of 35% of calories

Using the Nutrition Facts Label to Meet Delaware CACFP/Delacare Rules

Definitions to Know:

A whole grain must be served at least once per day. For a product to count, a whole grain must be listed as the first ingredient or the first ingredient after water. Check the ingredients list; a product that says “made with whole grains” may not have a whole grain listed as the first ingredient. Terms for whole grains include: whole grain wheat, cracked wheat or crushed wheat, whole wheat flour, stone ground whole wheat flour, whole wheat pastry flour, bulgur (cracked wheat), whole bulgur, whole grain bulgur, whole white wheat, whole white wheat flour, whole oats, oatmeal or rolled oats, whole oat flour, whole barley, whole grain barley, whole corn, whole corn flour, whole grain corn flour, whole grain cornmeal, whole cornmeal, whole grain grits, brown rice, brown rice flour, wild rice, wild rice flour, whole rye.

Sweet grains may be served only once in a two-week cycle. A sweet grain is a grain food that customarily contains a significant proportion of calories from sugar. Includes donuts, danishes, cakes, cupcakes, pies, cookies, brownies, toaster pastries, commercially-prepared muffins/quick breads, sweet rolls, granola bars and grain fruit bars.

Processed meats may only be served once in a two-week cycle.

Any meats that have been cured, smoked, dried, canned, dehydrated and/or combined with chemicals are considered processed. These include sausage, bacon, deli meats, hot dogs, bologna, salami, pepperoni, etc.

Cheese products and cheese foods may not be served. You can identify these products by the words “cheese product” or “cheese food” on the front label. **Real cheese must be used** and ranges from fresh or unripened (ricotta and cottage) to ripened which includes soft to very hard (Parmesan, Romano, Cheddar, Swiss, Gouda and Muenster).

Calories per Serving
Check the calories to determine which row to use on the Shopping Cheat Sheet.

Total Fat
Compare total fat grams to Shopping Cheat Sheet, based on the correct row for total calories.

Sugars
Cereals should have no more than 6g of sugar.

Nutrition Facts

Serving size: 1 cup
Servings Per Container: 16

Amount Per Serving		Calories from Fat 27	
Calories 131			
		% Daily Value*	
Total Fat	3g		4%
Saturated Fat	1g		4%
Trans Fat	0g		
Cholesterol	49mg		15%
Sodium	184mg		8%
Total Carbohydrate	7g		2%
Dietary Fiber	3g		10%
Sugars	2g		
Protein	19g		
Vitamin A	8%	Vitamin C	20%
Calcium	10%	Iron	15%

*Percent Daily Value is based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2400mg	2400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4