

# Decoding the Mysteries of Healthy Grocery Shopping



Typical values	100ml contains	250ml contains	%GDA*	typical adult
Energy	199kJ 47kcal	500kJ 120kcal	6%	2000kcal
Protein	0.5g	1.3g		
Carbohydrate	10.5g	26.3g	29%	90g
of which sugars	10.5g	26.3g		70g
Fat	trace	trace		
of which saturates	trace	trace		
Fibre	trace	trace		
Sodium	trace	trace		
Salt equivalent	trace	trace		

\*Guideline daily amounts

Are low-fat products always the better choice for me?

What is a safe amount of trans fat?

What do I need to know about fiber?

What snack foods are healthiest?

Can diabetics eat ice cream?

**Join us for a FREE healthy shopping tour lead by  
Registered Dietitian Amy Crisp**

**WHERE:**

Harris Teeter, Warrenton

**WHEN:**

Thursday, August 15 at 6 p.m.

Meet at 5:50 near the Red Box Video - Harris Teeter lobby

**WHO:**

- Diabetes Support Group members
- Diabetes Self-Management & Cardiac Rehab participants
- All Wellness Center members who want to learn expert tips for eating well.