

# Create Your Own Healthy Bag

Looking for healthier options? Consider these healthy tips and tricks the next time you go grocery shopping.

## Fruits and Vegetables

**Fresh produce are:**

- A valuable, delicious source of vitamins, fiber and minerals
- Good at protecting you from cancer and other chronic diseases
- Low in calories, fat, sodium and cholesterol



## Snacks

**Try to choose snacks that:**

- Contain important nutrients that help you feel full longer
- Are high in fiber (which is great for your colon)
- Have 200 calories or less
- Have 5% or less of the daily value (DV) of sodium
- Contain 5 grams (g) or less of sugar or do not have added sugar
- Contain 7 g or less of total fat and 2 g or less of saturated fat
- Have no trans fat

Some examples include nuts, cheese, dried fruit, trail mix, fruit cups, granola bars, popcorn and baked chips.



## Grains

**Consider grains that:**

- Are whole-wheat or whole-grain
- Contain 2 g of fiber or more per serving

Some examples include whole-wheat bread and pasta, brown rice, and oatmeal.



## Canned Goods

**Choose canned goods that are labeled:**

- “No Salt Added” or “Low in Sodium”
  - 220 milligrams (mg) or less of sodium per serving for canned vegetables
  - 290 mg or less of sodium per serving for canned beans
- “100% juice” or “in its own fruit juice” for canned fruits



## Drinks

**When shopping for drinks:**

- Avoid drinks that are labeled “added sugar.”
- Read the nutrition label to make sure there are no more than 24 g (or 2 tablespoons) of sugar per serving.
- Choose drinks that are less than 24 calories per 8 ounces (except milk and 100% fruit juice).
- Choose milk that is 1% or fat-free.
- Consider buying sparkling or seltzer water.
  - New York City tap water is free and healthy.



For more information, scan the QR code or visit [nyc.gov/health](https://nyc.gov/health) and search for **shop healthy**.

