

### Shopping When the Budget is Tight - Unit Pricing

Finding the best prices at the supermarket can be challenging. Many foods come in different sizes. Using unit prices can help you find the best deal!

**What is a Unit Price?** It is the price per amount of a food item.



Here's an example:

Say you want to buy oatmeal. You notice that two products are the same - regular quick oats, but are different sizes. Finding the **unit price** can help you decide which product is the better value.

#### Option 1 – Box of 12 Quick Oats packets

UNIT PRICE	RETAIL PRICE
\$5.68 per pound	\$4.19
	11.8 oz oats

#### Option 2 – 42 oz. Quick Oats

UNIT PRICE	RETAIL PRICE
\$1.90 per pound	\$4.99
	42 oz oats

Which One is a Better Value?

Option 1 costs \$5.68 per pound and Option 2 costs \$1.90 per pound. You save \$3.78 per pound by buying Option 2.

### Tricks of the Trade

**1** Buy what you need  
Buying in bulk is at times less expensive, but don't buy more than you can use!

**2** Shop for store brands  
Store brands are often less expensive and are just as high quality as name brands!

**3** Look high, look low  
Higher priced items are often at eye level. Look on high and low shelves for the better deals!

# How to Read Nutrition Facts Labels

We've all seen the Nutrition Facts on the back of food packaging, but what does it mean? This fact sheet will help you better understand nutrition facts labels so you can make better choices for you and your family.

Here's how to do it:

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

1. **CHECK THE SERVING SIZE** – Sometimes there is more than one serving per package.
2. **CHECK THE CALORIES** – This section tells you how many calories there are per serving. Make sure you multiply if you eat more than the indicated serving size.
3. **AIM LOW** – These are the nutrients you should limit for better health: Fat, sodium, cholesterol and added sugars.
4. **AIM HIGH** – Select foods high in these nutrients - dietary fiber, vitamin D, calcium, iron and potassium.
5. **PERCENT DAILY VALUE (% DV)** – These tell you how much of each nutrient is in that item. 5% or less is considered “low,” 20% or more is considered “high” and 10% or more is a “good” source.

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## Practice Questions

1. What is the **servicing size** and how many calories does it have?  
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2. Which nutrients have a % DV that is considered a “high” source?  
\_\_\_\_\_
3. Which nutrients have a % DV that is considered a “low” source?  
\_\_\_\_\_

Answers:  
1) 1 1/2 cup and 240 Calories,  
2) Total Carbohydrate, fiber, sodium, vitamin D, iron  
3) fat, cholesterol, added sugars, potassium

Give it a try!

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (208g)	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 430mg	<b>19%</b>
<b>Total Carbohydrate</b> 46g	<b>17%</b>
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.