



Did it grow in the ground?



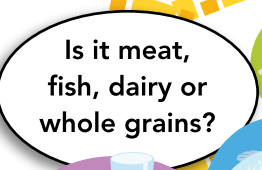
NO

YES

Does it have a label?

NO

YES



Is it meat, fish, dairy or whole grains?

NO

YES

Does the label have nutrition information?

Nutrition Facts	
Serving Size: 1/2 cup (116g)	
Servings Per Container: About 4	
Amount Per Serving	
Calories from Fat 120	
Total Fat 14g	28%
Saturated Fat 6g	12%
Cholesterol 50mg	10%
Total Crap 20g	40%
Sodium 100mg	20%
Total Sugar 10g	20%
Vitamins A, B, C, D, E, K	
Percent Daily Values are based on a diet of various fruits and vegetables.	



YES

Is it organic?

NO

YES



Look for an organic alternative if possible



It's healthy food

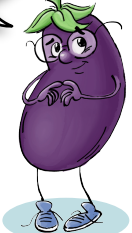
NO

Can you recognize all of the ingredients?

YES

Is sugar (or corn syrup) one of the first 5 ingredients?

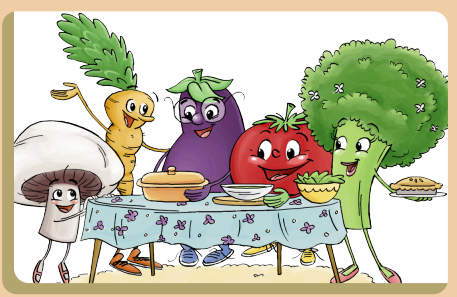
YES



Proceed with caution



Go back to start!



Enjoy it with your friends and family!

The Road to Healthy Eating

The road to healthy eating is fun and easy when you know your way! Use this map to put your kids in the healthy eating drivers seat and let them make their own healthy choices. Enjoy the ride!

