

Your KidSmartSM Shopping Guide

Grocery shopping can be difficult, especially when you have your kids with you. Use this KidSmart shopping guide and let your children help you make healthy choices when you shop!

| | MEAT/FISH/POULTRY | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|------------------------------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Top sirloin steak | 180 | 30 | 0 | 6 |
| <input type="checkbox"/> | Top round steak | 190 | 36 | 0 | 4 |
| <input type="checkbox"/> | Bottom round | 171 | 29 | 0 | 5 |
| <input type="checkbox"/> | Extra-lean ground beef | 263 | 28 | 0 | 16 |
| <input type="checkbox"/> | Skinless chicken breast | 165 | 31 | 0 | 4 |
| <input type="checkbox"/> | Skinless turkey breast | 135 | 30 | 0 | 1 |
| <input type="checkbox"/> | Salmon steak | 184 | 27 | 0 | 7 |
| <input type="checkbox"/> | Halibut | 140 | 27 | 0 | 3 |
| <input type="checkbox"/> | Canned light tuna | 116 | 25 | 0 | 3 |
| <input type="checkbox"/> | Scallops | 88 | 17 | 2 | 1 |
| <input type="checkbox"/> | Shrimp | 99 | 21 | 0 | 1 |
| <input type="checkbox"/> | Venison | 158 | 26 | 0 | 2 |
| <input type="checkbox"/> | Red snapper | 128 | 26 | 0 | 2 |
| <input type="checkbox"/> | Deli turkey, sliced, 2 oz | 50 | 8 | 2 | 1 |
| <input type="checkbox"/> | Deli roast beef, sliced, 1oz | 50 | 8 | 2 | 1 |

One serving is approximately 3.5oz, trimmed of all visible fat, and grilled.

| | GRAINS/BREADS/PASTA | SERVING | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|-----------------------|---------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Oatmeal, cooked | 1 cup | 145 | 6 | 25 | 2 |
| <input type="checkbox"/> | Whole grain cereals | ¾ cup | 110 | 3 | 24 | 1 |
| <input type="checkbox"/> | Whole-wheat bread | 1 slice | 69 | 3 | 13 | 1 |
| <input type="checkbox"/> | Plain bagel | | 195 | 7 | 38 | 1 |
| <input type="checkbox"/> | English muffin | 1 | 127 | 5 | 25 | 1 |
| <input type="checkbox"/> | Whole-wheat pita | 1 | 170 | 6 | 35 | 2 |
| <input type="checkbox"/> | 8-inch flour tortilla | 1 | 145 | 4 | 25 | 3 |
| <input type="checkbox"/> | Corn tortilla | 1 | 58 | 2 | 12 | 1 |
| <input type="checkbox"/> | Brown rice | 1 cup | 216 | 5 | 45 | 2 |
| <input type="checkbox"/> | Wild rice | 1 cup | 166 | 7 | 35 | 1 |
| <input type="checkbox"/> | Couscous | 1 cup | 176 | 6 | 37 | trace |
| <input type="checkbox"/> | Spaghetti | 1 cup | 197 | 7 | 40 | 1 |
| <input type="checkbox"/> | Bulgur | 1 cup | 151 | 6 | 34 | trace |
| <input type="checkbox"/> | Wheat germ | 2 tbsp | 50 | 4 | 6 | 1 |
| <input type="checkbox"/> | Bran muffin | | 160 | 3 | 36 | 0 |
| <input type="checkbox"/> | Sourdough | | 69 | 2 | 13 | 1 |
| <input type="checkbox"/> | Whole-wheat crackers | 5 | 89 | 2 | 14 | 3 |

| | DAIRY/EGG PRODUCTS | SERVING | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|------------------------|---------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Egg | 1 large | 75 | 6 | 1 | 5 |
| <input type="checkbox"/> | Egg white | | 17 | 4 | trace | 0 |
| <input type="checkbox"/> | Egg substitute, liquid | ½ cup | 53 | 8 | trace | 2 |
| <input type="checkbox"/> | 1% cottage cheese | ½ cup | 82 | 14 | 3 | 1 |
| <input type="checkbox"/> | Low-fat cheddar | 1 oz | 49 | 7 | 1 | 2 |
| <input type="checkbox"/> | Plain, nonfat yogurt | 8 oz | 127 | 13 | 17 | trace |
| <input type="checkbox"/> | Nonfat milk, | 1 cup | 86 | 8 | 12 | trace |
| <input type="checkbox"/> | Raw firm tofu | 3.5 oz | 144 | 16 | 4 | 9 |
| <input type="checkbox"/> | Swiss cheese | 1 slice | 30 | 5 | 2 | 0 |

| | VEGETABLES | SERVING | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|-----------------------|------------------------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Broccoli florets, raw | 1 cup | 20 | 2 | 4 | trace |
| <input type="checkbox"/> | Bell pepper | 1 cup | 40 | 1 | 10 | trace |
| <input type="checkbox"/> | Onion | 1 cup | 61 | 2 | 14 | trace |
| <input type="checkbox"/> | Tomato | 1 large | 38 | 2 | 8 | trace |
| <input type="checkbox"/> | Asparagus | 4 spears | 151 | 1 | 3 | trace |
| <input type="checkbox"/> | Collard greens | 1 cup | 11 | trace | 3 | trace |
| <input type="checkbox"/> | Spinach | 1 cup | 7 | 1 | 1 | trace |
| <input type="checkbox"/> | Eggplant | ½ cup | 11 | trace | 3 | 3 |
| <input type="checkbox"/> | Sweet potato | 1 | 117 | 2 | 28 | trace |
| <input type="checkbox"/> | Potato | 1 [approximately 7 oz] | 220 | 5 | 51 | trace |
| <input type="checkbox"/> | Carrot | 1 | 31 | 1 | 7 | trace |
| <input type="checkbox"/> | Green peas | ½ cup | 67 | 4 | 12 | trace |
| <input type="checkbox"/> | Zucchini | ½ cup | 14 | trace | 1 | 0 |
| <input type="checkbox"/> | Garlic | 1 clove | 4 | trace | 1 | 0 |
| <input type="checkbox"/> | Tomato juice | 1 cup | 46 | 2 | 11 | trace |
| <input type="checkbox"/> | Tomato sauce | ½ cup | 37 | 2 | 9 | trace |
| <input type="checkbox"/> | Romaine lettuce, | 1 cup | 9 | 1 | 1 | trace |
| <input type="checkbox"/> | Cucumber | 1 cup | 14 | 1 | 3 | trace |
| <input type="checkbox"/> | Mushrooms | 1 cup | 18 | 2 | 3 | trace |
| <input type="checkbox"/> | Cauliflower | 1 cup | 25 | 2 | 5 | trace |
| <input type="checkbox"/> | Green beans | ½ cup | 22 | 1 | 5 | trace |
| <input type="checkbox"/> | Artichoke | 1 | 60 | 4 | 13 | trace |
| <input type="checkbox"/> | Salsa | ½ cup | 29 | 1 | 6 | trace |

| | FRUITS | SERVING | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|------------------|---------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Cantaloupe | 1 cup | 55 | 1 | 13 | trace |
| <input type="checkbox"/> | Strawberries | 1 cup | 46 | 1 | 11 | trace |
| <input type="checkbox"/> | Blueberries | 1 cup | 81 | 1 | 20 | trace |
| <input type="checkbox"/> | Apple | 1 | 81 | trace | 21 | trace |
| <input type="checkbox"/> | Orange | 1 | 64 | 1 | 16 | trace |
| <input type="checkbox"/> | Grapefruit | ½ | 37 | trace | 9 | 0 |
| <input type="checkbox"/> | Kiwi | 1 | 46 | trace | 11 | trace |
| <input type="checkbox"/> | Plum | 1 | 36 | trace | 9 | trace |
| <input type="checkbox"/> | Peach | 1 | 42 | trace | 11 | trace |
| <input type="checkbox"/> | Nectarine | 1 | 67 | 1 | 16 | trace |
| <input type="checkbox"/> | Apricots | 3 | 50 | 1 | 12 | trace |
| <input type="checkbox"/> | Grapes, seedless | 1 cup | 114 | 1 | 28 | 0 |
| <input type="checkbox"/> | Raisins | ½ cup | 109 | 1 | 29 | trace |
| <input type="checkbox"/> | Pear | 1 | 98 | trace | 25 | trace |
| <input type="checkbox"/> | Orange juice | 1 cup | 112 | 2 | 26 | trace |
| <input type="checkbox"/> | Avocado | ¼ | 77 | 1 | 3 | 8 |
| <input type="checkbox"/> | Watermelon | 1 cup | 49 | 1 | 11 | 1 |
| <input type="checkbox"/> | Raspberries | 1 cup | 60 | 1 | 14 | 1 |

| | LEGUMES | SERVING | CALORIES | PROTEIN (G) | CARBS (G) | FAT (G) |
|--------------------------|------------------|---------|----------|-------------|-----------|---------|
| <input type="checkbox"/> | Soybeans, cooked | ½ cup | 149 | 14 | 9 | 8 |
| <input type="checkbox"/> | Lentils | ½ cup | 115 | 9 | 20 | trace |
| <input type="checkbox"/> | Black beans | ½ cup | 114 | 8 | 20 | trace |
| <input type="checkbox"/> | Kidney beans | ½ cup | 112 | 8 | 20 | trace |
| <input type="checkbox"/> | Baby lima beans | ½ cup | 115 | 7 | 21 | trace |



For more information call 718-3288 and visit our Web site KidSmartKid.org.