



## Give them the best start

Younger kids can have fun learning about nutritious foods by shopping with you at the grocery store. If they are old enough to count to three, they can use Guiding Stars.

Here are some ideas:

- Make it a game to search for foods with stars when shopping. Use this game to teach your kids about what makes a food good for them.
- Give them a choice between two similar foods with the same number of stars; for example, pears instead of apples.
- Encourage children to use the stars to pick out a new breakfast cereal.
- Ask them to find three foods with stars in the dairy case they might want to try.

For more information, and fun activities for kids, visit [www.guidingstars.com](http://www.guidingstars.com).



**Guiding Stars**<sup>®</sup>  
Nutritious choices made simple<sup>SM</sup>

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**Good Nutrition  
Starts Early**<sup>SM</sup>



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## The more Guiding Stars, the more nutritional value for the calories

Guiding Stars is a storewide program that helps busy shoppers like you find the most nutritious foods in the store for the entire family.

You'll find Guiding Stars on shelf tags and on signs throughout the store.

A panel of scientific experts developed the Guiding Stars program based on the latest government recommendations. Just check the shelf tags. If you see one, two or three Guiding Stars, it means that item has:

More	Less
Vitamins Minerals Fiber Whole Grains	Saturated Fat <i>Trans</i> Fat Cholesterol Added Sodium Added Sugars

## Making nutritious eating a lifelong habit

As a parent, you want to make sure your children are getting the nutrition they need to grow up healthy and strong. Kids who eat well develop healthy eating habits that can stick with them for life. But it's sometimes hard to find the right foods with so many labels to read and so many confusing package claims. Guiding Stars can help.



One star means **good** nutritional value.



Two stars, **better** nutritional value.



Three stars, **best** nutritional value.

## No Stars?

If the shelf tag has no stars, it simply means one of two things:

### 1. The food doesn't meet the nutritional criteria to earn a star.

Of course, you can still enjoy these foods. Nobody is expected to eat only starred foods all the time. Just remember to balance the foods you can't live without with a healthy, active lifestyle. You can always read the product label to help you make informed choices that work best for you and your family.

OR

### 2. The food is not rated.

Bottled waters, dried spices, and coffees/teas are not rated by Guiding Stars. For more information, see signs in these sections or visit our website, [www.guidingstars.com](http://www.guidingstars.com).