



Guiding Stars makes it easy to find beverages that are better for you! Look for the Stars on shelf tags in your store. More Stars = more nutrition. It's a simple way to choose options that help you grow strong!

**STEP 1: STAR SCAVENGER HUNT**

Find Star-earning options on the shelf for each beverage type below. Write the name of each product and shade in the # of Stars it earns.

**STEP 2: BEVERAGE MATCH**

Match the beverages to the activity below. Write A, B, or C into the orange box next to each beverage. Check your answers on the back!

**BEVERAGES**



WATER

NAME: \_\_\_\_\_



SELTZER

NAME: \_\_\_\_\_



100% FRUIT JUICE

NAME: \_\_\_\_\_



YOGURT DRINK

NAME: \_\_\_\_\_



SPORTS DRINK

NAME: \_\_\_\_\_



COCONUT WATER

NAME: \_\_\_\_\_



UNSWEETENED ICED TEA

NAME: \_\_\_\_\_



MILK

NAME: \_\_\_\_\_

**ENCOURAGED FOR**

**A**

**ALL-DAY HYDRATION**

Staying hydrated supports focus, energy, and overall body health

**B**

**MEALS/ SNACKS**

Energy and protein to fuel your day

**C**

**SPORTS/ PHYSICAL ACTIVITY**

Replenishing electrolytes and lost fluids after a lot of activity is important, especially in hot weather

**STEP 3: ADD UP YOUR STARS!**

Count up all of the stars your products have earned. Check the back of the worksheet, and add an extra star if you matched everything correctly!

**TOTAL STARS:**



## What is Guiding Stars?

Guiding Stars is the fast and easy way to find nutritious choices while you shop.

Guiding Stars' nutrition guidance icons allow shoppers to save time and be confident about their choices when shopping for nutritious products, in-store and online.

## How to Use Guiding Stars?

Shoppers simply look for the icons on shelf tags, online, or on product packaging to quickly find the products with GOOD, BETTER, and BEST nutrition.



## No Guiding Stars?

Common reasons you don't see the Stars:

- The product does not meet the nutrition criteria to earn at least 1 Guiding Star.
- The product is exempt from evaluation. Foods with 5 calories or fewer, alcohol, medical foods such as infant formula, and dietary supplements are not evaluated.
- The product is new and has not been evaluated yet.

## Backed by Science. Built for Speed.

Guiding Stars' patented algorithm was developed by independent nutrition science and public health experts to evaluate the nutritional value of food and beverage products.

## General Foods

### + MORE

Fiber  
Live Active Cultures  
Omega-3s  
Whole Grains  
Vitamins & Minerals

### - LESS

Added Sodium  
Added Sugars  
Additives to Limit  
Saturated Fat  
*Trans* Fat

Guiding Stars uses only the information accessible to shoppers to evaluate products, such as the Nutrition Facts label and ingredients list. That information is evaluated to determine if the balance of nutrients meets the threshold for GOOD, BETTER, or BEST nutrition.

By creating a science-based standard for what is considered good, better, and best nutritional value, shoppers, public health professionals, food service professionals, and manufacturers can quickly and easily align to help improve our food system.

Scan here to get more information about product ratings and nutrition details with Guiding Stars.

