



Eat five fruits and veggies a day to stay strong and full of energy! Fresh fruits and veggies always earn Guiding Stars because they're nutritious choices. For canned or frozen picks, use the shelf tags to find options with less added sugar and salt. More Stars = more of the good stuff!

WHY FIVE-A-DAY?

Fresh fruits and veggies are packed with nutrients to help you run, jump, and play. Frozen and canned count too – just look for options that earn Guiding Stars!

EXPLORE YOUR OPTIONS

FRESH



CHOPPED CARROTS



APPLE



CUCUMBER



GRAPES

FROZEN



FROZEN CORN



FROZEN EDAMAME



FROZEN STRAWBERRIES



FROZEN BROCCOLI

PANTRY



CANNED GREEN BEANS



RAISINS



CANNED PEACHES



DRIED MANGO



SEAWEED SNACK



APPLE CRISPS

FIND YOUR FIVE!

Use this chart to plan a Star-powered day! Write in a fruit or veggie you would like to eat at each meal or snack below. Shade in the number of Stars each fruit or veggie earns!

MEAL/SNACK	FRUIT/VEGGIE	STARS
Breakfast	 ☆☆☆	
Snack	 ☆☆☆	
Lunch	 ☆☆☆	
Snack	 ☆☆☆	
Dinner	 ☆☆☆	

BONUS THOUGHT BUBBLE

How many total Stars did you collect in one day?

TOTAL



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	- LESS
Fiber	Added Sodium
Live Active Cultures	Added Sugars
Omega-3s	Additives to Limit
Whole Grains	Saturated Fat
Vitamins & Minerals	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.

