

MAKING STELLAR SNACKS WITH



GUIDING STARS®
NUTRITIOUS CHOICES MADE SIMPLE

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

STEP 1: STAR SCAVENGER HUNT

Find Star-earning options on the shelf for each food group. Shade in the # of Stars above the food.

PROTEIN / DAIRY		FRUIT / VEGGIES / GRAINS			
☆☆☆  BOILED EGG NAME: _____	☆☆☆  PEANUT BUTTER NAME: _____	☆☆☆  RAISINS NAME: _____	☆☆☆  FRUIT CUP NAME: _____	☆☆☆  WHEAT CRACKERS NAME: _____	☆☆☆  WHEAT BREAD NAME: _____
☆☆☆  HUMMUS NAME: _____	☆☆☆  NUTS/SEEDS NAME: _____	☆☆☆  BANANA NAME: _____	☆☆☆  APPLE SAUCE NAME: _____	☆☆☆  GRAPES NAME: _____	☆☆☆  CHEESE CRACKERS NAME: _____
☆☆☆  YOGURT NAME: _____	☆☆☆  GLASS OF MILK NAME: _____	☆☆☆  BELL PEPPER NAME: _____	☆☆☆  CUCUMBER NAME: _____	☆☆☆  TORTILLA CHIPS NAME: _____	☆☆☆  POPCORN NAME: _____

STEP 2: CREATE NUTRITIOUS SNACKS

Combine food groups to build a satisfying snack! Pair a fruit, vegetable, or grain with protein or dairy for energy that lasts. Pick one Star-earning option from each column, and get creative with it – you can use foods more than once!

PROTEIN / DAIRY	+	FRUIT / VEGGIES / GRAINS	=	STARS
Creamy Peanut Butter		Banana		5

STEP 3: ADD UP YOUR STARS!

Bonus Points: For snacks with a fruit or a vegetable, add 1 extra point!

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.

