EAT THIS NOT THAT

Supermarket Survival Guide
Master Your Supermarket

- Rule 1: Work the edges
- Rule 2: Look high and low
- Rule 3: Learn the lingo
- Rule 4: Fewer ingredients means healthier food
- Rule 5: Watch the totem pole
Worst Cookie

- Pillsbury Big Deluxe Classics White Chunk Macadamia Nut
- Fat Equivalent: 5 “fun size” 3 Musketeers bars
- Eat this instead: Toll House Chocolate chip cookie dough
Worst Candy

- Twix (280 cal/27g sugars/11g sat fat)
- Saturated Fat Equivalent: 11 strips of bacon
- Eat this instead: 100 Grand
Worst Ice Cream

- Häagen-Dazs Chocolate Peanut Butter (1/2c)- 360c/24g sugars/11g saturated fat
- Fat Equivalent: 1 McDonald’s Double Cheeseburger
- Eat this instead: Edy’s Slow Turned Peanut Butter Cup
Worst Frozen Treat

Toll House Ice Cream Chocolate Chip Cookie Sandwich
- (520c/9g sat fat/44g sugars)
- Calorie Equivalent: 2 slices of hand-tossed pepperoni pizza form Pizza hut
- Eat this instead: Skinny Cow low fat Vanilla Ice Cream Sandwich
COOKIES

Eat This!

Not That!
Snack Cakes

Eat This!

Not That!
Cake Mixes

Eat This!  Not That!
## Chocolate Candy

<table>
<thead>
<tr>
<th>Eat This!</th>
<th>Not That!</th>
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</thead>
<tbody>
<tr>
<td>□  Hershey’s Take 5</td>
<td>□  Snickers</td>
</tr>
<tr>
<td>□  Reese’s</td>
<td>□  Peanut M&amp;Ms</td>
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<tr>
<td>□  Raisinets</td>
<td>□  Twix PB</td>
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<tr>
<td>□  100 grand</td>
<td>□  Butterfinger</td>
</tr>
<tr>
<td></td>
<td>□  Hershey’s Milk Chocolate bar</td>
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Sorbet

Eat This!

Not That!
Frozen Pies

Eat This!

Not That!