ALABAMA HEALTHY CHECKOUT

Checkout a Good Choice



This program identifies and prompts the purchase of healthier options in grocery stores, convenience stores, corner stores, and other venues selling food and beverages.

HOW DOES IT WORK? The Good Choice symbol is used to draw attention to healthier food and beverages. Colorful and attractive signs, stickers, banners, shelf inserts, and other materials are placed on or near healthy items.

WHAT FOOD AND BEVERAGES QUALIFY? Food and beverages that qualify as a Good Choice are typically lower in calories, fat, sugar, and sodium than other food and beverages. The following are a Good Choice.

Vegetables	Fruit	Beverages
All fresh vegetables	All fresh fruit	Bottled water
Canned vegetables and tomato sauce labeled low or reduced sodium	Canned fruit that is in 100% juice	Plain, low fat/ skim milk
Plain, frozen vegetables that are low-sodium or have no added salt	Frozen fruit that is in 100% juice	100% fruit juices and low sodium vegetable juices
	Dried fruit with no added sugar	All other beverages with 40 calories or less

For an expanded list of qualifying Good Choice food and beverages, visit www.adph.org/nutrition and click on Good Choice.

WHAT ARE THE BENEFITS? Choosing healthier options can improve health status, increase energy levels, help to avoid weight gain, and prevent long term health issues. Attractive displays bring positive attention to healthier options and create a positive shopping environment.



Visit www.adph.org/nutrition or www.aces.edu/nep for more information on healthy eating.

For questions or comments, contact Molly Killman at molly.killman@adph.state.al.us, Julia Sosa at julia.sosa@adph.state.al.us, or Teresa Fair at teresa.fair@adph.state.al.us or call 334-206-5669.

USDA is an equal opportunity employer and provider.