



Category Average Score Pocket Guide

Use this guide to choose healthier items with average (or higher) scores in each category. Items are rated on a scale of 1-100. The higher the score, the better the nutrition.

FOLD HERE



*Making it easier for families
to make healthier choices. That's Helpful!*

That's  Value!

Choose average or above scores for better nutrition!

Category	Average Score
Bagels, English Muffins	21
Beans - Canned or Packaged	55
Beef - Fresh	30
Bread, Rolls, Buns	26
Breakfast Foods - Refrigerated or Frozen	21
Breakfast Meats	8
Butter, Margarine, Spreads, Blends	2
Carbonated Beverages	5
Cereal, Cold	27
Cereal, Hot - Oatmeal, Farina	44
Cheese	22
Cookies	7
Crackers	17
Dips, Spreads	22
Eggs, Egg Substitutes	36
Frozen Dinners	20
Fruit - Fresh	95
Fruit - Frozen, Canned or Dried	29
Ice Cream, Sherbet, Frozen Yogurt	17
Juice, Drinks - Refrigerated or Frozen	25
Juice, Drinks - Non-Refrigerated	13
Mayonnaise	5
Meat - Refrigerated, Frozen, Canned, Lunch Meat	14
Mexican Foods	28
Mexican Sauces, Salsa	15
Milk - Flavored Milk, Soy Milk, Buttermilk, Egg Nog	60
Snacks, Pies, Cakes - Frozen	9
Packaged Dinners - Dry/Shelf Stable	15
Pasta	56
Peanut Butter	22
Pizza, Pizza Products	12
Pork, Fresh	27
Poultry - Refrigerated, Frozen, Canned	22
Poultry - Fresh	31
Rice	65
Salad Dressings	4
Salads, Cole Slaw - Refrigerated	83
Salty Snacks, Chips, Pretzels	15
Seafood - Fresh	72
Seafood - Refrigerated, Frozen or Canned	49
Shortening & Oil	13
Snack Bars/Granola Bars	21
Snack Nuts, Seeds	41
Soup, Canned, Ramen	27
Spaghetti/Italian Sauce	39
Sports Drinks	4
Tomato Products	45
Vegetables - Fresh	96
Vegetables - Frozen or Canned	63
Yogurt Products	45

➔ Visit pricechopper.com, click the "HealthyU" tab and select "NuVal"™ to see average scores for over 100 categories!