

Health Minute™

Shopping by the numbers

Making better food choices is an important component of heart health but it can be confusing and time consuming. A team of scientists at Yale University have developed a rating scale to help demystify the health value of a food. The system is called the NuVal scoring system. It scores food on a scale of 1 to 100. The higher the NuVal score, the higher a food's nutrition. This allows you to do a quick side-by-side comparison of two foods for their overall nutritional value. The information will be displayed on the shelf of an item next to the price or actually on the item itself. It is currently in use in several grocery stores in the Midwest and northeast.



This is the logo that will be used to show a food's nutritional score

Example NuVal™ Numbers	All about NuVal™
Broccoli – 100 Blueberries – 100 Mango – 93 Raw almonds – 82 White rice – 57 Hamburger – 25 Bagel – 23 White bread – 9 Hot dog – 5 Soda – 1	Developed by Yale University's Griffin Prevention Research Center Score is based on nutrients, vitamins, sugar, and salt as well as its impact on blood pressure and other health issues Will help you make decisions like "Which is better, yogurt or cottage cheese?" with the blink of an eye