

# Nutrition made easy.



## NuVal™ Nutritional Scoring System

Making better food choices is essential to good health, but can be confusing. The NuVal™ Nutritional Scoring System is here to help.

The NuVal™ System scores food on a scale of 1 to 100. The higher the score, the higher the nutrition. It's that simple.

The NuVal™ System considers more than 30 nutrients when developing a score including carbs, protein, fat, fiber, vitamins, minerals and antioxidants. NuVal™ scores are available for many of the products you buy at Hy-Vee. Look for the shelf tag when you do your shopping and start making healthier choices!

One number is all you need to make decisions about food for your family – decision you can feel good about.

For more information on NuVal™, Health and Meal Solutions visit [www.hy-vee.com](http://www.hy-vee.com)



2100 Broadway, Yankton • 665-3412  
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## See how your nutrition know-how stacks up.

Play our nutrition by the numbers game. Rank these popular food items from the lowest to the highest NuVal™ score.



### ANSWERS with NuVal Score

- |   |                             |                             |
|---|-----------------------------|-----------------------------|
| 1. Easy Mac (4)                         | 8. 100% Grape Juice (26)    | 14. Bananas (81)            |
| 2. Oreos (4)                            | 9. Chicken & Rice Soup (26) | 15. Raisins (87)            |
| 3. Jif Extra Crunchy Peanut Butter (20) | 10. Cheerios (37)           | 16. Whole Wheat Flour (91)  |
| 4. Fruit Loops Cereal (23)              | 11. Multi Grain Bread (41)  | 17. Fresh Pineapple (99)    |
| 5. Green Beans (23)                     | 12. Tomato Juice (37)       | 18. Frozen Vegetables (100) |
| 6. Pineapple Chunks (24)                | 13. Kidney Beans (59)       | 19. Broccoli (100)          |
| 7. Sun Chips (26)                       |                             |                             |