

# When Should I Eat This?



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## The “EXPIRATION” or “USE BY” date:

- Food is safe to eat.
- There are some exceptions with baby food and nutritional supplements.

Up to Expiration date—**NOT SAFE** to eat after date  
– Baby food and nutritional supplements



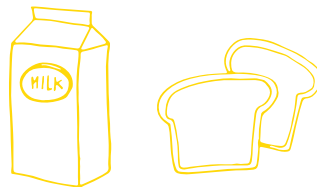
Safe to eat **1 to 2 WEEKS** after date  
– bacon, lunch meat



## The “SELL BY” or “ENJOY BY” date:

- Safe to eat after the date.
- **FRESHNESS** date.

**7 DAYS** after date  
– milk, bread



**2 WEEKS** after date  
– yogurt



**5 WEEKS** after date  
– eggs



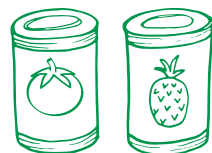
**3-5 MONTHS** after date  
– cheese



## The “BEST BY” or “BEST USED BY” date:

- Safe to eat after the date.
- **QUALITY** date.

**12-18 MONTHS** past date  
– acidic food in cans



**2-3 YEARS** past date  
– non-acidic food in cans



**2 YEARS** past date  
– rice



**4-5 YEARS** past date  
– pasta

