

Shopping for Groceries

GETTING READY TO SHOP

- Plan your meals before heading to the store. Make a shopping list to reduce impulse purchases and to save money and time.
- Avoid shopping if you are hungry.
- Consider using store brands. They are usually less expensive than name brands, and the quality is generally comparable.

AT THE STORE: HEALTHY SHOPPING TIPS

- Read the Nutrition Facts on the food label.

Produce

- Eat fresh fruits and vegetables to increase your daily intake of vitamins, minerals, and fiber.
- You need 2–4 servings of fruit daily and 3–5 servings of vegetables daily.

Meat

- Buy the leanest cuts of meat (extra lean, loin, and round) and trim off any visible fat before cooking.
- Select chicken without the skin.
- Use extra lean ground beef (90%–95% lean), sirloin steak, round steak, lean pork, and boneless, skinless chicken breasts, thighs, or chicken fingers.

Seafood

- Eat fish at least once a week.
- It is best to bake, boil, or broil your fish.
- Flavor your fish with a twist of fresh lemon or lime.

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Dairy

- Choose low-fat or skim milk, reduced-fat cheeses, and low-fat or nonfat yogurts.
- You need 2–4 servings of dairy products daily.
- Look for soy milk and soy-based alternatives for heart health.

Spices and Seasonings

- Get creative. Use seasonings like fresh or dried herbs, spices, and low-fat condiments that do not add fat or sodium to your foods.
- Use salsa, Dijon mustard, or spices like garlic, basil, thyme, or oregano to marinate your meats.

Salad Dressing

- Look for nonfat or light salad dressings to keep your total fat intake low.
- Dressings made with olive oil and canola oil offer the benefits of monounsaturated fats.
- Balsamic vinegar adds flavor to tossed greens and vegetables without the fat.

Canned Goods

- Avoid buying canned fruits and vegetables that you can buy fresh or frozen. Canned fruits and vegetables have more added sugar or sodium. The process of canning may destroy vitamins and minerals.
- Stock up on canned beans and chickpeas.

Eating Fruits and Vegetables

BREAKFAST

- Drink a glass of juice.
- Add a banana or strawberries to your cereal.
- Have a bowl of fruit like melon or peaches.
- Top your pancakes with fruit instead of syrup.

LUNCH

- Eat a salad or have vegetable soup.
- Add a carrot or celery to your lunch.
- Eat a piece of fruit (e.g., apple, plum) or have unsweetened applesauce.
- Add lettuce and tomatoes to your sandwich.

SNACK

- Snack on grapes or raisins.
- Have a glass of juice.
- Eat raw vegetables like carrots.

DINNER

- Add vegetables to your main dish.
- Use fruits as a garnish with your main dish.
- Add steamed vegetables as a side dish.

DESSERT

- Add fresh fruit to a dessert.
- Top frozen yogurt with pineapple or papaya.
- Add chopped fruit or berries to cakes or cookies.
- Have a piece of fruit for dessert.

Nutrition Plan

1. I have decided that I will eat more of the following foods:

2. I have decided that I will eat less of the following foods:

3. My favorite snacks (junk food) are:

4. I will eat the following snacks (junk foods) (note how much per day or week):

_____ Morning	_____ Home
_____ Afternoon	_____ Work
_____ Evening	_____ Other _____

Meal Plan for a Day

Think of all of the foods you like to and should eat, and make up a menu for one day's meal. Be sure to include foods from each group on the Food Pyramid.

Menu

Breakfast

Lunch

Dinner

Snacks