



Nutrition Tip Sheet

Smart Supermarket Shopping

With over 42,000 items carried in the average supermarket, it can be a bit confusing and overwhelming if you are trying to fill your shopping cart with healthy foods. To help ease your next supermarket shopping trip, follow these tips to help you get the most nutritional bang for your buck:

- **Plan ahead**
 - A little pre-planning can help to save both time and money. Before heading to the supermarket, check out the weekly ad and plan your meals around healthy sale items.
 - Make a list of all the items that you will need for the week so you have everything on hand to make healthy meals and snacks and won't be tempted to swing through the drive-thru window when hunger strikes.
- **Practice MyPlate**
 - MyPlate emphasizes nutrient-rich foods from each of the 5 food groups including fruits, vegetables, whole grains, low-fat or fat-free dairy foods and lean protein. If you focus on filling up your shopping cart with more of these foods, there will be less room left for empty-calorie foods such as potato chips, candy or soda.
- **Produce**
 - In addition to their great taste, fruits and vegetables are packed with important nutrients like fiber, vitamins, minerals and antioxidants and can help promote weight management and reduce risk for many chronic diseases such as diabetes, heart disease and cancer.
 - Add color to your cart by choosing a variety of fruits and vegetables as they each have unique nutrients.
 - To save money:
 - Buy fresh produce that is in season or on sale
 - Buy in bulk (bags of apples, potatoes, etc.)
 - Do your own cutting/peeling/slicing at home rather than buying it cut up at store
 - Don't forget frozen and canned produce, which is also a healthy option. In addition to a longer shelf-life, they are often more cost effective and great to keep on hand for a quick side dish or to add to soups or casseroles.
 - To maximize nutrition, choose plain frozen fruits and vegetables without added sauce or sugar. When buying canned fruit, avoid added sugar and calories by selecting varieties packed in fruit juice rather than syrup. When selecting canned vegetables, look for those labeled "no salt added" or rinse well to reduce sodium.
- **Meat/Seafood/Deli:**
 - Choose lean meats which are lower in fat and cholesterol and limit your intake of processed meats such as bacon, sausage, lunch meats, and hot dogs which tend to be higher in fat and sodium.
 - Poultry: boneless skinless chicken breasts and turkey cutlets are the leanest choices. Ground poultry such as turkey or chicken, can also be lean options, but read the label as fat content can vary depending on whether the product contains white or dark meat.
 - Beef: Cuts including the word "round" or "loin" are generally lower in fat. Choose ground beef that is 90% lean or higher.
 - Pork: When buying pork or lamb, cuts labeled "loin" or "leg" are generally lower in fat.
 - Seafood: Most seafood is low in calories and fat. Aim for two servings per week, especially fattier cold-water varieties such as tuna and salmon, which are rich in heart healthy omega 3 fatty acids.
 - At the deli counter, choose leaner options such as turkey, chicken, roast beef or ham.
 - To save money, stock up on your favorite lean meats when they are on sale and store them in your freezer.

- In addition to meat and seafood, other great sources of protein include eggs, beans, nuts and nut butters.
- **Eggs**
 - Eggs are a nutritious and budget-friendly protein source and can fit into a heart healthy diet. New research shows they are lower in cholesterol than once thought, (one large egg contains about 185 mg of cholesterol – we should have < 300 mg of cholesterol per day). Evidence also suggests that one egg per day does not increase blood cholesterol levels, nor does it increase the risk of cardiovascular disease in healthy people.
 - Eggs can keep in your fridge for 4-5 weeks after purchase.
 - Brown or white eggs? The color of eggs can vary depending on the breed of hen they come from; however there is no significant nutritional difference.
- **Dairy Aisle:**
 - Dairy foods are packed with nutrients that are important for healthy bones and teeth. Choose low-fat or fat-free varieties, which contain all of the same important nutrients (such as calcium and vitamin D) as the full fat versions without the extra fat and calories.
 - If you are lactose intolerant, look for lactose free milk or milk substitutes such as calcium fortified soy beverage. Make sure to read labels as all milk substitutes are not created equal. Almond, rice and coconut milk are much lower in protein than cows or soy milk. Coconut milk has saturated fat content similar to 2% milk.
 - When buying yogurt, look for those that have the “live and active cultures” seal to ensure it contains “healthy” bacteria that may help promote a healthy immune system and digestive health. If watching weight, choose light yogurt or try plain yogurt and add your own fruit. Greek yogurts are thicker and creamier and have twice the protein.
- **Butter vs. Margarine**
 - Butter contains saturated fat and cholesterol, which should be limited to reduce heart disease risk. To cut down on fat, calories and cholesterol, choose whipped tub varieties. Whipped butter works great as a spread but is not recommended for cooking or baking.
 - Stick margarines may contain trans-fats which should be limited to reduce heart disease risk. Instead choose soft tub varieties that are free of trans-fats and hydrogenated oils.
- **Cereal/Breads/Pasta:**
 - At least ½ of our daily grain servings should come from whole grains which tend to be more nutrient-rich than refined grains.
 - To know if a food is made from whole grains, look for these words **first** on the ingredient list: whole oats, whole wheat, whole rye, whole grain, oatmeal, bulgar or graham flour.
 - Check the nutrition facts panel and look for whole grain foods that contain at least 2.5 grams of fiber per serving.
 - When buying cereal, choose those with 10 grams of sugar or less per serving.
- **Beverages**
 - When purchasing juice, make sure it is 100% fruit juice
 - Limit intake of low nutrient, empty-calorie drinks such as soda, fruit drinks, sports drinks and energy drinks. These drinks provide calories and sugar but little to no nutrients.
 - Sports drinks can be beneficial for athletes that have been physically active for an hour or more or those working in extreme heat to help with rehydration. For lower intensity work outs, water is a great choice.
 - Energy drinks contain caffeine and other stimulants that are not safe for kids and teens.
 - Evidence suggests moderate alcohol consumption may lower risk for heart disease
 - Moderation= Up to one drink for women or 2 drinks for men per day (1 drink = 12 oz beer, 5 oz wine, 1.5 oz distilled spirits)

Please note: The information provided here is for educational purposes only. It is not intended to diagnose or treat any particular illness or condition, nor is it intended to support any particular product or service. You should always consult your healthcare provider prior to making any changes to your healthcare routine.