

Healthy Grocery Shopping



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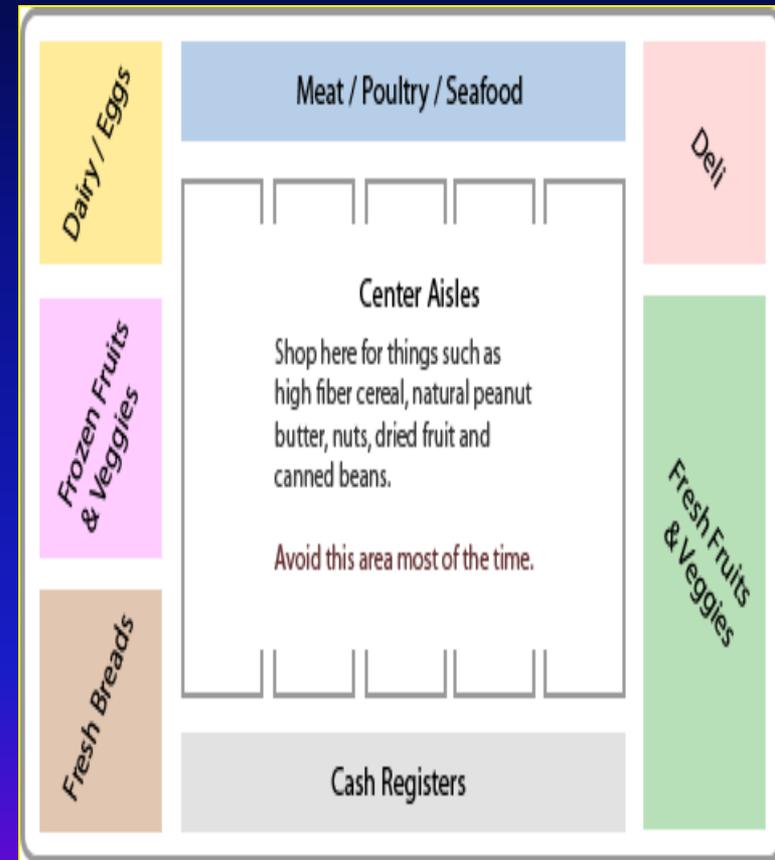
The Reader Will Be Able To...

- List three healthy parts of the grocery store
- Recall three ways to tell meat is fresh.
- Explain three ways to prevent cross contamination .
- Recognize three items on a food label.



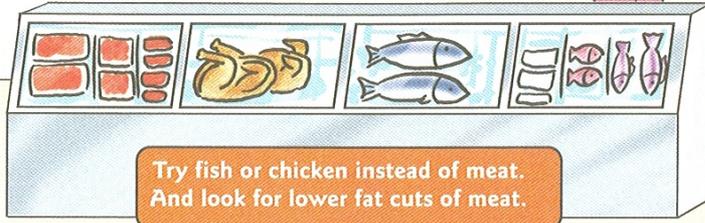
Grocery Shopping 101...

- Two important tips before your shopping trip:
 - Eat before you go
 - Take a grocery list with you to the store.
- The healthiest foods such as fresh produce, unprocessed meats and dairy products tend to be placed around the perimeter of the store.
- The unhealthy processed, junk and sugary foods are usually in the middle aisles.

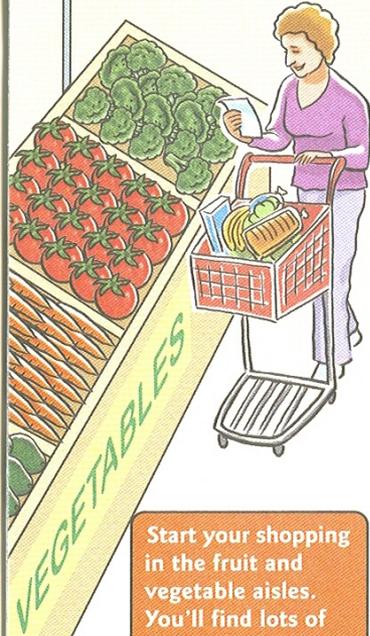


Tips for Slimming Down Your Groceries

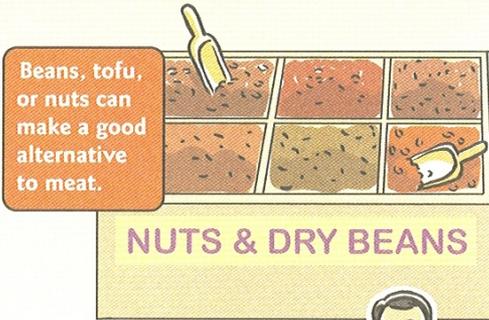
Most people shop by habit. Does this sound like you? If so, it's time to turn off the automatic pilot! Avoid impulse buys: Make a shopping list before you go to the store. But don't worry, the new habits you're learning will soon become second nature.



Try fish or chicken instead of meat. And look for lower fat cuts of meat.

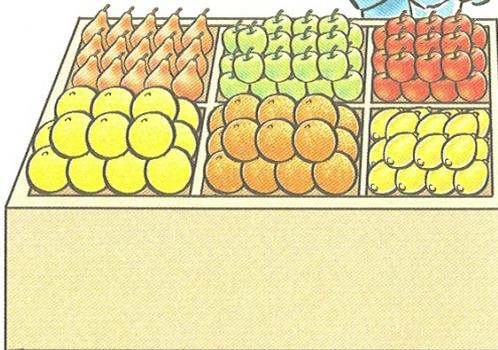


Start your shopping in the fruit and vegetable aisles. You'll find lots of delicious low fat foods here.



Beans, tofu, or nuts can make a good alternative to meat.

NUTS & DRY BEANS



Try lower fat dairy products. For example, if you normally buy whole milk, try reduced fat instead.



The snack food section is also the trans fat section. Check the ingredients for hydrogenated oils. All deep-fried snacks, like chips, have trans fat.

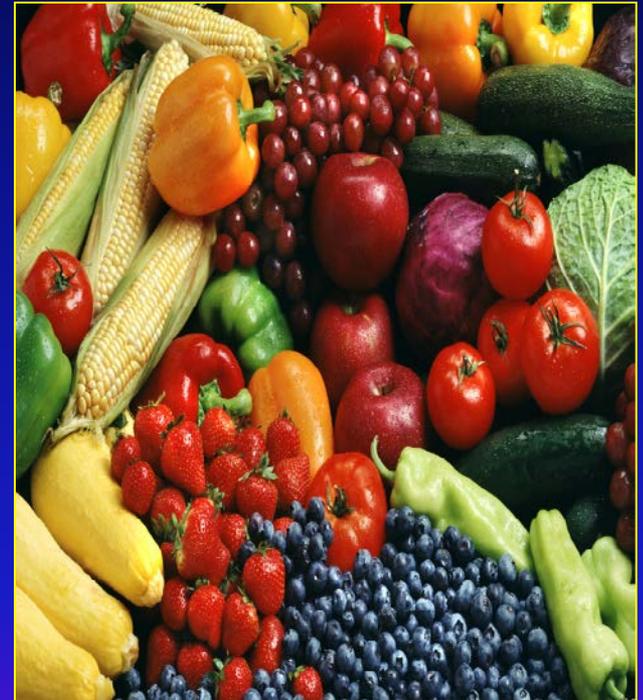


Before you put something in your basket, check the label for saturated fat and total fat.



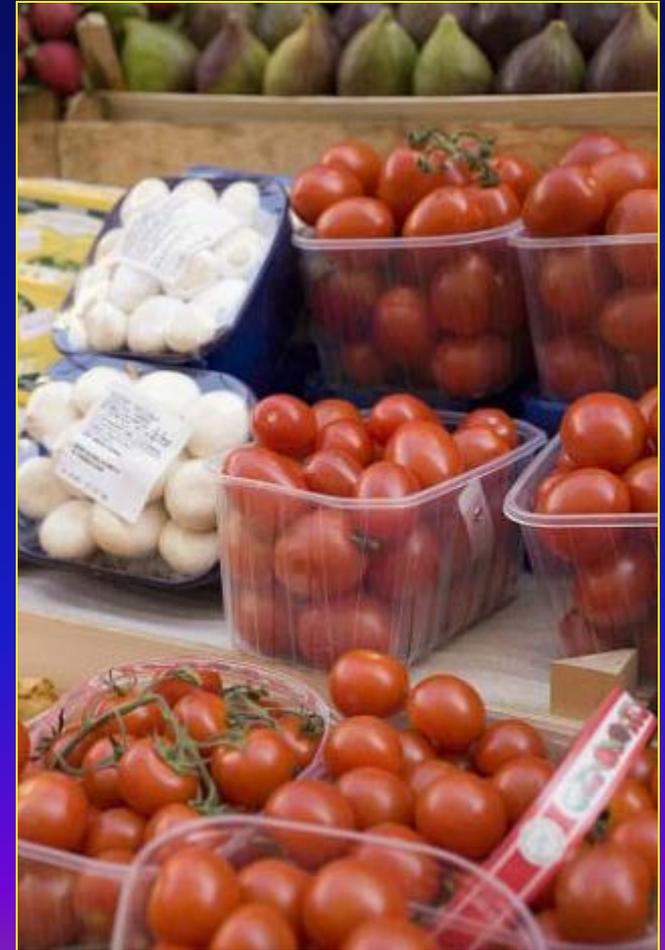
Produce...

- Produce
 - Spend the most time in the produce section, the first area you encounter in most grocery stores (and usually the largest).
 - Choose a rainbow of colorful fruits and vegetables.
 - The colors reflect the different vitamin, mineral, in each fruit or vegetable.



Produce...

- Choose fresh fruits and vegetables that are firm, ripe and unblemished.
- Look out for mold, especially on berries and on produce packed tightly together in small boxes.
- Buy only the amount of produce you need for a few days so your fruits and vegetables do not spoil in your refrigerator.



Frozen Foods...

- If you can't find the fresh produce you need, or you need to store your fruits and vegetables for a longer time, your second choice should be from the frozen fruits and vegetables rather than canned foods.
- Frozen foods may hold their nutritional value better, and canned foods usually are high in sodium.



Fish...

- When you shop for meat, poultry, fish and protein sources, choose wisely.
- Seafood and fish contain the healthy oils we need called omega-3 fatty acids.
- Fish should have a fresh smell and not a 'fishy" smell
- The fish's eyes should be clear and not clouded.



Poultry...

- Poultry is often a good choice, but remember that grocery store birds usually have a lot of fat.
- Choose skinless chicken and lean turkey.
- Legumes, nuts and seeds are also great ways to get protein into a healthy diet.



Meat...

- Meat color is not the best indicator of it's freshness.
- Pay attention to the aroma and the feel of the meat.
- Meat should smell fresh and it should not be sticky or slimy.
- Check the freshness date on the label as well. You may wish to check out the local butcher shops.



Prevent Cross Contamination...

- Before you go to the fresh meat department, take a few clear plastic bags from the produce department.
- Even though fresh meat should be wrapped securely, why take a chance on leakage?
- Put each selection of meat into its own bag to be sure there will be no cross-contamination of raw meat juices onto the rest of your grocery items.



Bakery...

- If your grocery store has a bakery, chose 100 percent whole grain breads, not white breads made with refined flours.
- Leave the high fat, high calorie pastries alone.
- Avoid high fat and high sugar snacks.
- Choose whole grain crackers or baked snacks..
- Drink more 100% juice, water or skim milk and less sugary soft drinks.



How To Read Labels...

Start Here- Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (e.g., 1/2 serving, 1 serving, or more)



Check Calories - Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).



Limit These Nutrients

It is recommended that you keep your intake of saturated fat, *trans* fat and cholesterol as low as possible as part of a nutritionally balanced diet.



Get Enough Of These

You can use the Nutrition facts label not only to help *limit* those nutrients you want to cut back on but also to *increase* those nutrients you need to consume in greater amounts.



Nutrition Facts	
Serving Size 4 oz. (113g)	
Servings Per Container 4	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 3.5g	18%
Trans Fat 2.5g	
Cholesterol 120mg	40%
Sodium 640mg	27%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 24g	
Vitamin A 2%	• Vitamin C 2%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Quick Guide To % DV

The %DV helps you determine if a serving of food is high or low in a nutrient. Note: a few nutrients, like *trans* fat, do not have a %DV



Foot Notes

The amounts circled in red in the footnote--these are the Daily Values (DV) for each nutrient listed and are based on public health experts' advice. DVs are recommended levels of intakes.

DVs in the footnote are based on a 2,000 or 2,500 calorie diet. Note how the DVs for some nutrients change, while others (for cholesterol and sodium) remain the same for both calorie amounts.



Terms...

- Healthy:
 - The food is low in fat (especially saturated fat or trans fat, which have been linked to heart disease) and has limited amounts of cholesterol and sodium.
- Free (for example, sugar free):
 - The food contains only tiny amounts of fat, saturated fat, sodium, sugar, cholesterol, or calories per serving.



Terms...

- Good source:
 - One serving provides 10% to 19% of your total daily needs for a specific nutrient.
- Low sodium:
 - One serving has 140 milligrams of sodium or less.
- Low cholesterol:
 - One serving has 20 milligrams of cholesterol or less and 2 grams or less of saturated fat.



Terms...

- Low fat:
 - One serving contains 3 grams of fat or less.
- Reduced (for example, reduced fat):
 - One serving has 25% less fat, saturated fat, sodium, sugar, cholesterol, or calories per serving than the regular version of the food.
- Light (or lite):
 - One serving has 50% less fat or one third fewer calories than the regular version of the food.



What To Look For In Frozen Foods...

- Many prepared and frozen foods are high in saturated fat and cholesterol.
- Look for frozen food packages that say, "Light," "Lean," "Reduced Fat," "Reduced calorie," "Healthy," or "Diet."
- These versions will be lower in saturated fat, cholesterol, calories, and/or sodium than the regular versions.



Prepared Foods...

- When choosing prepared foods, choose vegetables, pasta and grain salads and side dishes made without high fat mayonnaise and oil.
- Steer clear from meats high in saturated fats, dressing and other spreads, and dishes with creams and other sauces.



Canned Foods...

- Choose fruits and vegetables packed in light syrup or their own juice.
- Focus on nutrition by stocking up on low-sodium canned products (look for the label “No Salt Added”), as well as beans, which are high in fiber and nutrients.



Prevent Cross Contamination...

- Use hand sanitizer after you touch raw meat, fish and poultry.
- In summer, transport foods in the back seat rather than a hot trunk.
- When home, unload your groceries right away.

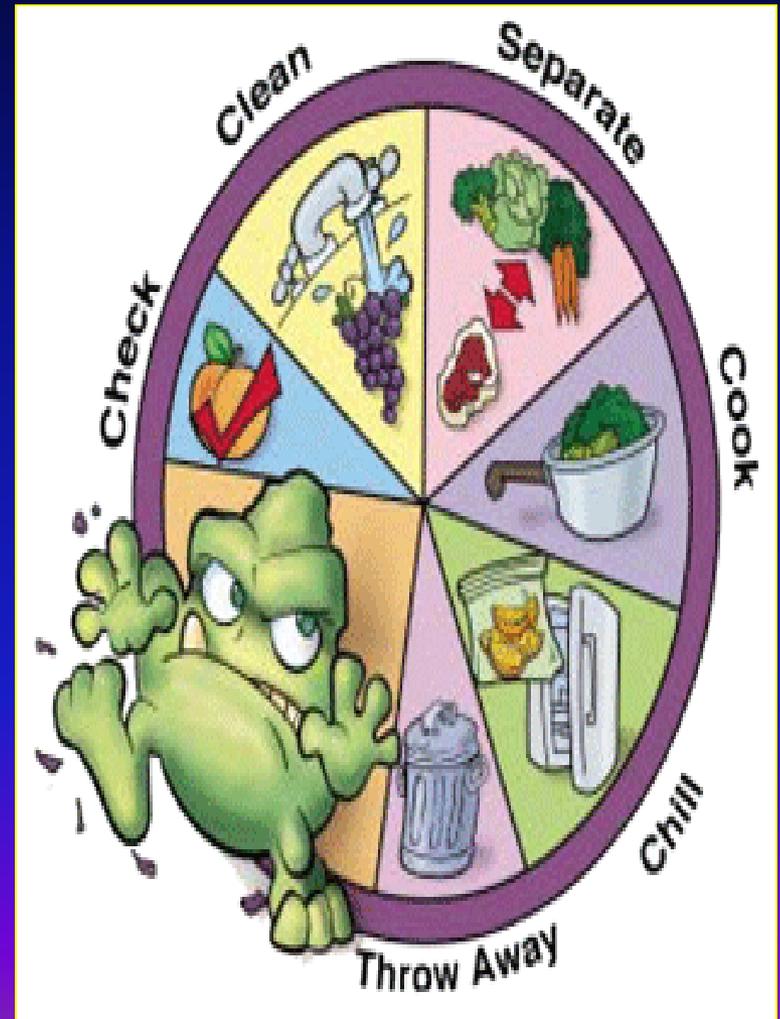
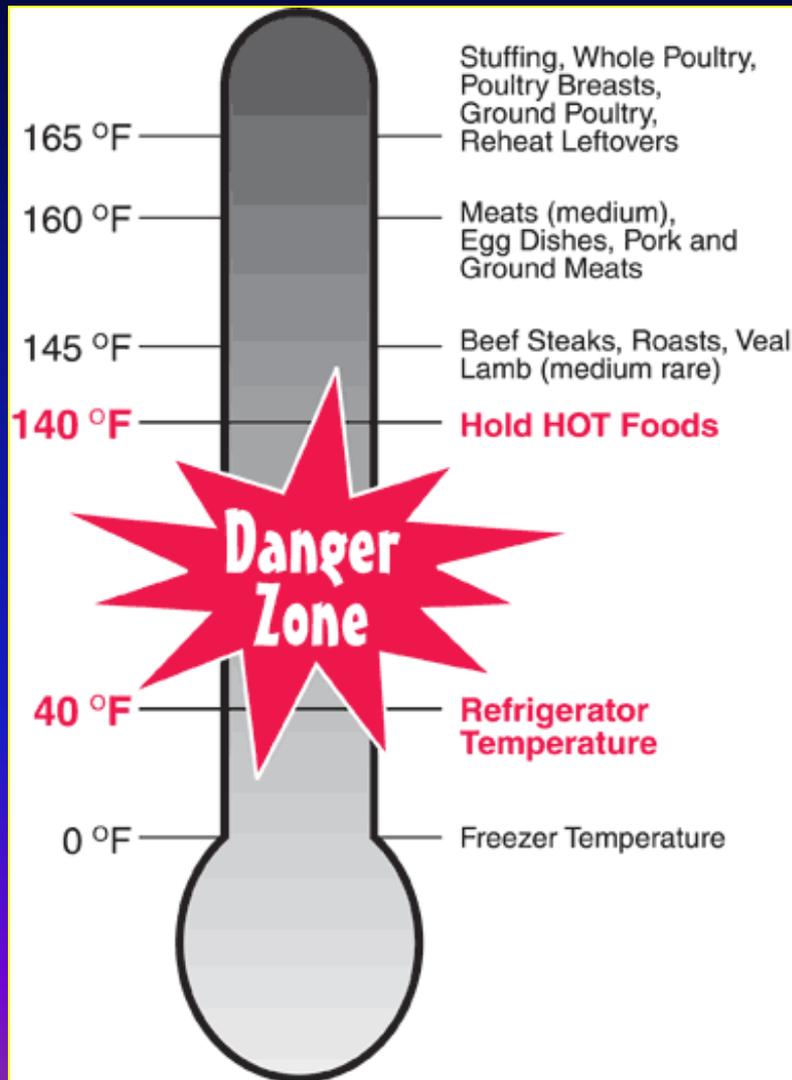


Prevent Cross Contamination...

- If foods need to be cold, kept them cold.
- If you use a recyclable bag, make sure you wash the bag after every trip to the grocery store.
- When you get the groceries home, make sure you refrigerate the cold products to keep them out of the temperature danger zone.



Temperature Danger Zone...



Source...

- Center For Disease Control
- Food and Drug Administration
- Food Network
- Med Line
- National Institutes of Health

