



## Shopping for Health

Whether you're aiming to lose a few pounds or simply to eat healthier, let your supermarket help you reach your goals.

A healthy diet consists of a balance of whole foods that can be found in fresh, frozen or canned versions. This guide shows some of the healthier selections you can choose from in the grocery aisles. Use it to help create your grocery list and prepare for your next shopping trip. With a little preplanning, your next jaunt to the store will be more organized, letting you find what you need quickly and efficiently.



### Perimeter of the Store

#### Produce

Choose fresh fruits and vegetables that you'll eat within the next three to five days to avoid spoilage and waste. Enjoy what's in season, and whenever possible, grown locally.

#### Flavor enhancers

Pick up a lemon or two to squeeze over fish, or pair lemon with olive oil (instead of vinegar) for a fresh dressing for your salads.

Choose a few fresh herbs such as rosemary, thyme, or parsley. Sprinkle rosemary or thyme over vegetables or chicken before roasting. Add chopped herbs to your own vinaigrette, or top pastas and grain dishes with chopped parsley.

Enjoy garlic – a little bit of garlic goes a long way. Add sautéed garlic to sauces, soups, beans and vegetable dishes.

#### Fresh meats and fish

Purchase lean meats such as chicken, turkey, and pork tenderloin, and fish such as shrimp, tilapia, and salmon.

### Refrigerated Sections

#### Dairy

##### Milk

Select 1% or skim milk. These milks are lower in fat, but have the same nutrient value as whole milk.

##### Yogurt

Select a plain yogurt without added sugar. (To add a little sweetness, swirl in a drizzle of honey, chopped fruit, or add 1/8 teaspoon vanilla).

#### Cheese

Enjoy cheese in moderation (1ounce serving). For lunch, sprinkle feta over a green salad; and enjoy a thin slice or two of a hard cheese such as cheddar paired with an apple or pear as a delicious snack.

#### Dairy Alternatives

Fortified soy and almond milks and yogurts are healthy choices for dairy alternatives.

#### Eggs

Eggs are delicious any time of the day from breakfast to dinner. They provide protein, vitamins and minerals.

#### Juices

In addition to water, 100% fruit juices, such as orange juice and grape juice, are good for hydration, however, because of their sugar content, they should be enjoyed in moderation. Consider mixing a little fruit juice in water or seltzer, for a dash of flavor.

#### Hummus and salsas

Hummus and salsas are great to have on hand. Use them for dips (with cut up veggies), or spread a thin layer on your whole grain bread instead of mayo.

#### Bulk Bins

Buying in bulk can save money and cut food waste. Here you'll find dried beans, as well as oats, grains, granolas, nuts and seeds – and you can buy just the amount you need.

*Tip: A handful of nuts or seeds is perfect for an on-the-go snack or for topping a salad for added crunch and texture.*

*Tip: Check the Nutrition Facts labels on the bins to make sure what you're buying is low in salt, fat and sugar.*



## Prepared Foods

Short on time? Select a roasted chicken, along with sides of roasted or steamed vegetables.

If your family enjoys sushi, vegetarian and seafood options are available. Many stores now offer quinoa or brown rice as well as traditional white sushi rice.

## Deli Counter

Avoid prepackaged cold cuts that can be laden with fillers, additives and added sugars. Instead, choose lean, uncured meats such as sliced chicken, turkey, ham or roast beef from the deli counter, and purchase enough for the next few days. Avoid salami, mortadella and baloney since they can have more calories and fat per serving than lean meat choices.

*Tip: If you want to make a sandwich for your lunchbox, choose whole wheat bread, (make sure the word “whole” appears on the ingredient list) and lean slices of beef, chicken or ham.*

## Inner Aisles

### Grains and Cereals

Cereals – look for oats and whole grain cereals that are low in fat, sodium and sugar.

Pasta – in addition to your favorite brand, try a whole wheat or multigrain version for a fun, healthy switch.

Grains – select healthy whole grains such as brown rice, wild rice, quinoa, teff, and barley. They’re delicious and most are as easy to prepare as your favorite white rice.

### Canned and Jarred Foods

Stock up your pantry with healthy versions of canned foods, such as low-sodium beans, tomatoes, vegetables, and fish such as tuna and salmon.

*Tip: For quick soup making, purchase low sodium turkey, beef, vegetable or chicken broths.*

*Tip: Rinse canned beans well under cold water to remove up to 40% of the sodium.*

*Tip: Make your own tomato sauce – in a saucepan add olive oil and sauté one or two sliced garlic cloves until fragrant, add oregano, thyme and a pinch of chili flakes and stir to incorporate flavors. Add one large can of diced tomatoes. Stir and let simmer for at least 30 minutes.*

## Nut Butters

Nut butters such as almond and peanut are great to keep on hand for a quick snack (pair with sliced fruit) or a filling sandwich for lunch (spread peanut butter over whole wheat bread and top with slices of banana or apple). Recommended serving size for nut butters is two tablespoons.

## Dried Herbs and Spices

Choose a few herbs and spices that pair well with a variety of dishes. Thyme and oregano are perennial favorites; red pepper flakes and cumin are good choices when you’re looking to add a little heat and spice to your dishes. Vanilla and cinnamon work well in recipes for baked goods as well as in yogurt or fruit dishes.

*Tip: Herbs and spices add layers of flavor and can be used in place of salt.*

## Oils

Healthy oils such as olive oil, grapeseed or canola, are great for cooking with instead of butter. Olive oil can be drizzled over salads, or mixed with balsamic or cider vinegar to make your own vinaigrette, and in most baking recipes, canola and olive oils can be substituted for butter.

## Frozen Foods

Keep your freezer stocked with frozen vegetables, fruit and fish. They’re always ready when you are so you can create quick healthy meals and even desserts. Look for products that are low in sodium and sugar.

