

# Smart Shopping

**Some food choices are better than others. Here are some smart-shopping tips.**



## **Produce Section**

- Choose a variety of colorful fruits and vegetables.
- Peppers, tomatoes, broccoli, cabbage, potatoes, greens, cantaloupe, honeydew melon, and strawberries are all rich in vitamin C.
- Fruits and vegetables that are deep-colored green, yellow, or orange throughout are high in vitamin A.

## **Deli Counter**

- Sliced roast beef, turkey and lean ham are good low fat choices.
- Select processed lunch meats marked 95% fat free.
- Pressed meats, lean ham and Canadian bacon are low fat but high in sodium.
- Check nutrition label for sodium and fat content of turkey and chicken franks.

## **Dairy Case**

- Choose part-skim mozzarella or string cheese, part-skim ricotta, and "light" and reduced-calories cheeses that contain less than 5 grams of fat per ounce. Select milk, buttermilk, cottage cheese and yogurt that are low fat and have less than 200 calories per serving.
- A little sharp cheese has more flavor and less fat than a larger amount of milder cheese.

## **Bread and Cereal Shelves**

- Look for the words "whole wheat" or "whole grain" at the beginning of the ingredient listing.
- Look for cereal with at least 2 grams of fiber, 8 grams or less sugar and 2 grams or less fat per serving.

## **Pasta and Rice**

- Choose long grain and brown rice and whole wheat pasta. Check the nutrition label to check that it has at least 2 grams of fiber per serving.
- Rice and pasta mixes are usually high in sodium; use only one-half the provided seasoning packet.

## **Beverages**

- Choose 100% pure fruit juices instead of fruit "drinks" or "punches".
- Choose calorie-free flavored waters instead of beverages that have a high sugar content.

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## Canned Food Aisles

- Canned beans, peas, corn and vegetables are quick and easy sources of vitamins, minerals and fiber.
- Choose “no added salt” versions of canned vegetables.

## Snacks and Crackers

- Choose thick, unsalted pretzels; they are lower in fat and sodium.
- Graham crackers, animal crackers, gingersnaps and fig bars are healthier choices.
- Make your own popcorn in an air popper or with a limited amount of oil. Use butter-flavored substitute or cooking spray for flavoring.
- Limit products with palm, palm kernel or coconut oil high on their ingredient lists.

## Fat, Oil, Condiments and Dressing Selections

- Minimize the use of regular butter and avoid margarines that contain trans-fats. These can be identified by the words “partially hydrogenated” on the ingredient label. Choose buttery spreads or sprays labeled as “trans-fat free”. These are made from unsaturated vegetable oils like canola or safflower oils. You might also try spreads made from low-fat yogurt blends.
- To cut fat, use diet dressings with less than 10 calories per tablespoon on salad and as a marinade for meat, poultry or vegetables.
- Salad dressings, olives, pickles and marinades can be high in sodium.
- Some “light” oils are light only in color and flavor, not in fat or calories. “Light” mayonnaise has about half the calories of regular.
- Ketchup and barbeque sauces can have plenty of added sugar.

## Meat, Poultry and Fish Section

- Select lean, well-trimmed cuts: flank steak, round steak or roasts, sirloin or tenderloin, loin pork chops or lean ground beef.
- Meat graded “Select” has less fat than “Choice” or “Prime” grades.
- Limit high-fat meats: ribs, corned beef, sausage, bacon and beef liver.
- Half of chicken’s calories are in the skin. Buy skinless parts or remove skin of cooked poultry before eating.
- Fish from deep waters have heart-healthy omega-3 fatty acids: salmon, tuna, mackerel, sea trout, bluefish or herring.
- Most chicken and turkey nuggets, patties and rolls are made with ground skin and have a lot of salt.

## Frozen Food Cases

- Select frozen juice and fruit bars with no added sugar or cream.
- Choose portion-packed frozen desserts.
- Ice milk and low fat frozen yogurt have less fat than ice cream.
- Plain, frozen vegetables have less fat and salt than those in sauces.
- Select frozen fish and poultry without breading to limit fat and sodium.
- Select frozen dinners with less than 15 grams of fat, 400 calories and 800 milligrams of sodium.

