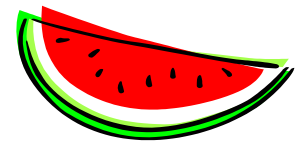


Happy Grocery Shopping and Healthy Eating!



By: Pam Szabo-Kode, RD

How to save time and make the best choices

Often we find ourselves crunched for time in today's fast paced world. Sticking to a healthy eating plan and making healthy meals for our family's can be challenging. If we have the right things on hand, it can be easier to make healthy choices.

Here you will find tips to help you save time and make the right choices at the grocery store.

At the grocery store...

- **Shop the outer aisles first**

Spend most of your time in the produce, bread, milk and meat sections of the store. Look for healthy choices with little or no added fat or sodium in the inner aisles.

- **Enjoy plenty of vegetables and fruit**

Choose a variety of colours. Enjoy dark green and orange vegetables like broccoli, spinach, sweet potato and squash every day.

- **Make at least half your grain products whole grain**

Enjoy a variety of grains such as barley, quinoa and rice.

- **Choose lower fat milk and alternatives**

Buy skim, 1%, or 2% milk or a fortified soy beverage. Select lower fat alternatives like low fat yogurt and cheese.

- **Select lean meat and alternatives**

Buy leaner cuts and unseasoned meat, poultry and fish. Eat at least two servings of fish per week. Enjoy meat alternatives such as beans, lentils and tofu.

- **Make healthy oil and fat choices**

Choose vegetable oils such as canola, olive and soybean oil, low fat mayo and soft margarines.

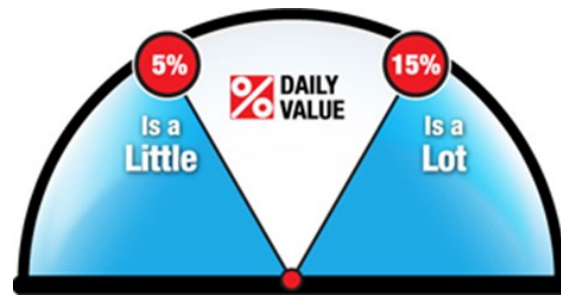
Five Fresh Foods for Your Fridge

- ♦ *Milk, yogurt and cheese*
- ♦ *Fresh vegetables and fruit*
- ♦ *Eggs*
- ♦ *Hummus or bean dips*
- ♦ *Natural nut butters*

Label reading at the grocery store—using the % daily value

The % Daily Value (% DV) can help you make informed food choices. Look for it in the Nutrition Facts table on food packages. It provides a quick overview of the nutrient profile of a food

As a rule of thumb, remember the following numbers:



Look for **more of** (higher %):

- Calcium
- Iron
- Fibre
- Vitamin A

Look for **less of** (lower %):

- Fat
- Saturated and trans fat
- Sodium

Cereal A

Nutrition Facts	
Per 1/2 cup (28 g)	
Amount	% Daily Value
Calories 120	
Fat 1 g	2 %
Saturated Fat 0.2 g	1 %
+ Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 170 mg	7 %
Carbohydrate 23 g	8 %
Fibre 7 g	28 %
Sugars 5 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

Cereal A has a lot of **fibre** (28% DV).

Cereal B has a little of **fibre** (4% DV).

If **fibre** is a nutrient you want more of, Product A is a better choice for you.

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Cereal B

Nutrition Facts	
Per 3/4 cup (30 g)	
Amount	% Daily Value
Calories 120	
Fat 0 g	0 %
Saturated Fat 0 g	0 %
+ Trans Fat 0 g	
Cholesterol 0 mg	
Sodium 150 mg	6 %
Carbohydrate 27 g	9 %
Fibre 1 g	4 %
Sugars 10 g	
Protein 2 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %