

CREATING A GROCERY LIST FOR HEALTH



Read the food labels carefully and pay attention to the serving size.

GRAINS

- Choose products that are made with whole grains to meet the 6 - 11 servings recommended.
- Look for whole grain cereals and breads with 3 or more grams of fiber per serving.
- Crackers with a nutritional advantage include graham crackers, Melba toast, lower fat and/or low sodium varieties of saltines and specialty crackers.

FRUITS

- Fruits canned or frozen in heavy syrups are higher in sugar and calories than those packed in 'fruit juice' or water.
- Fresh fruits are a better source of fiber than canned.
- Buy fresh fruit in season and freeze them for later use.
- Look for juices that contain 100% juice and those fortified with calcium.

VEGETABLES

- 3-5 servings of vegetables each day are recommended.
- Choose a variety of vegetables including dark green, red or orange colored vegetables
- Many canned vegetables and vegetable juices are available without additional salt.
- Choose fresh or frozen vegetables rather than the canned, since they do not contain added salt.
- If choosing canned vegetables use the no-added-salt variety or rinse and drain salted varieties before using.

DAIRY PRODUCTS

- Products made with skim, 1/2% or 1% milk are lower in fat, saturated fat and cholesterol and have the same quantity of calcium as the full fat products.
- Reduced fat cheese is lower in fat without compromising flavor.
- Choose low fat chocolate milk and low fat cocoa mixes.
- Substitute fat free coffee creamers, ice milk, nonfat frozen yogurt or fat free ice cream for the full fat versions.

PROTEIN SOURCES

- Choose ground beef that is at least 85% lean or ground turkey made from white meat.
- Choose round, loin, or flank cuts of meat.
- Canadian bacon is much lower in fat than regular bacon.
- Choose fish or chicken canned in spring water instead of oil.
- Dried beans and lentils are fat free.
- Try ground beef or sausage, chicken fingers, hamburgers, hot dogs, bacon and sausage made from soy.
- Use egg whites or an egg substitute.
- Remove the skin from poultry to cut the fat in half.

FATS AND OILS

- Choose peanut, olive, or canola oil.
- Try the flavored non-cooking sprays that add flavor without fat.
- Choose reduced fat or fat free salad dressings.
- Choose margarine that is *labeled trans fat free*.