

Grocery Shopping: Healthy Choices Aisle By Aisle

1. Fruits & Vegetables

- Buy only what you will use in a week.
- Avoid foods with bruises, blemishes, or bad spots.
- Buy frozen or canned produce to supplement fresh.
- Try drinking vegetable juice.
- Buy pre-cut, portioned and washed vegetables for easy use.
- Buy produce that is in season or on sale.

GUIDE TO WHEN FRUITS AND VEGETABLES ARE IN SEASON

Summer: apricots, blueberries, cherries, eggplant, fresh herbs, green beans, hot peppers, melon, okra, peaches, plums, sweet corn, sweet peppers, tomatoes, and zucchini.

Fall: apples, broccoli, brussels sprouts, cauliflower, collards, grapes, kale, pears, persimmons, pumpkins, winter squash, and yams.

Winter: beets, cabbage, carrots, citrus fruits, daikon radishes, onions, rutabagas, turnips, and winter squash.

Spring: asparagus, blackberries, green onions, leeks, lettuces, new potatoes, peas, red radishes, rhubarb, spinach, strawberries, and watercress.

2. Meat, Poultry, & Fish

Meat includes beef, veal, lamb, and pork. Beef is graded by the U.S. Department of Agriculture depending on the amount of “marbling” (fat between the muscle), appearance, texture, and age of the animal. Veal and lamb use the same grading system; however, instead of using the term “select,” the term “good” is used. Pork is not graded.

- **Prime:** Most tender, most expensive, and highest amount of fat
- **Choice:** Less tender, cheaper, and less fat than prime
- **Select:** Tougher cut of meat, least expensive, and least amount of fat

Here is a list of the leanest cuts of meat.

Beef	Fat grams	Calories
<u>Round & Loin Cuts</u>	(per 3 oz. serving / cooked)	
Eye of round (select)*	3.8 g	135 calories
Top or bottom round (select)	4.9 g	160 calories
Top sirloin (select)	6.8 g	165 calories
<u>Ground</u>		
“Extra lean” ground beef (5% fat)*	6.8 g	180 calories
“Lean” ground beef (7% fat)	8.3 g	195 calories
Pork	Fat grams	Calories
<u>Loin Cuts</u>	(per 3 oz. serving / cooked)	
Pork tenderloin*	5.3 g	150 calories
Pork sirloin roast	8.3 g	173 calories
Pork chop, top loin	9.8 g	195 calories

Poultry includes chicken and turkey, both very economical and lean protein sources. Here is a list of the leanest poultry choices.

	Fat grams	Calories
	(per 3 oz. serving / cooked)	
Chicken breast, skinless*	3.0 g	140 calories
Chicken drumstick, skinless	4.5 g	150 calories
Chicken thigh, skinless	9.0 g	180 calories
Turkey light meat, skinless*	3.0 g	135 calories
Turkey dark meat, skinless	6.0 g	158 calories
<u>Ground</u>		
“Extra lean” ground turkey breast*	1.5 g	120 calories
“Lean” ground turkey	8.3 g	165 calories

Fish is also another excellent addition to any meal as it is low in saturated fat and high in healthful omega-3 fatty acids. The American Heart Association recommends 2-3 fish meals per week to help reduce risk of heart disease.

3. Dairy Products & Eggs

The **Dairy** section is where all milk, yogurt, cottage cheese, and cheese products are contained. Be sure to always check the “sell by” dates before purchasing. It is generally safe to assume that the food will be safe to eat for an additional 5-7 days past that date. However, if there is any doubt about the safety of a food, throw it away! Remember that dairy products come from animals, so they naturally contain a high amount of saturated fat, which clogs our arteries! So do your heart a favor and select the **1% low-fat** or **fat free** varieties.

NOTE: Some **yogurts** have a lot of added sugar, in addition to the naturally occurring sugar in milk and fruit. This added sugar can add a lot of unwanted “empty calories.” Your best choice is always **plain** low fat or fat free yogurt (and you can just add your own fruit). For flavored yogurts, read the Nutrition Facts panel, and look for yogurts with the least amount of sugar and calories. Good choices include:

- Stonyfield Farm Organic Nonfat flavored yogurts (160 kcal, 31 g sugar in 8 oz.)
- Stonyfield Farm Lowfat Fruit Blends (160 kcal, 28 g sugar in 6 oz.)
- Horizon Organic Dairy Blended (160 kcal, 29 g sugar in 6 oz.)
- Yoplait Original Lowfat (170 kcal, 27 g sugar in 6 oz.)

Eggs provide an economical, convenient, and easy to prepare source of high quality protein. When deciding upon which eggs to buy, be sure to inspect the carton. The eggs should be clean, whole, and free of cracks because eggs are common sources of Salmonella poisoning. Also check for the freshness dating, which is located on the container. There is not a difference in nutritional quality between brown or white eggs. The shell color is dependent upon the breed of hen. Eggs are graded based on the interior and exterior quality of eggs when they’re packed.

Grade for Eggs:

- **AA:** Highest quality grade.
- **A:** Most common grade found in grocery store
- **B:** Lowest quality grade

The American Heart Association suggests limiting our consumption of egg yolks to four per week because of their cholesterol content. Fortunately, you can substitute two egg whites or ¼ cup egg substitute for one whole egg when cooking. The protein content remains exactly the same, but there is significantly less saturated fat and cholesterol, which are both linked to the development of heart disease.

4. Bread Products, Cereals, & Grains

Try to limit danishes, croissants, cakes, cookies, and donuts because these are high in fat and calories (but low in fiber and nutrients). Instead, choose low fat “100% whole grain” products with more fiber and nutrients. Good choices include the following:

- **Bread:**

NOTE: Look for the words “100% whole wheat or grain” on the package.

Ronan Meal 100% Whole Wheat, Wonder 100% Whole Wheat, Pepperidge Farm 100% Whole Wheat.

- **Pasta, Rice, & Grains:** whole wheat pasta, brown or wild rice, bulgar wheat, whole wheat cous cous.

- **Cereals:**

NOTE: Look for at least 3 g of fiber (preferably 5+), no more than 3 g of fat, and typically no more than 8 g of total sugar (unless it has dried fruit in it).

- **Kashi** Good Friends and GoLean

- **Kellogg's** All-Bran, Complete Wheat Bran Flakes, and Nutri-Grain Golden Wheat or Almond Raisin

- **Post** Shredded Wheat, Raisin Bran, Grape Nuts, and Fruit & Fiber,

- **General Mill's** Wheat or Multi Bran Chex, Cheerios, Wheaties, and Whole Grain Total

- **Quaker** Oat Bran, Crunchy Corn Bran, Toasted Oatmeal Squares, and Regular, Unflavored Instant Oatmeal (hot)

- **Crackers:** Ry Krisp, Wasa Fiber Rye, Ryvita Rye, Ak-Mak 100% Whole Wheat Stone Ground, Nabisco Reduced Fat Triscuits, Manischewitz 100% Whole Wheat Matzos, Whole Foods Woven Wheats

5. Butter, Margarine, & Spreads

Butter and stick margarine are high in heart-damaging saturated and trans fat, so avoid these for every day use. Instead, choose **tub** or **squeeze bottle** margarines/spreads that have no more than 1 gram of saturated plus trans fat per tablespoon. Good choices include:

- I Can't Believe It's Not Butter Fat Free or Light Spread

- Promise Fat Free or Buttery Light Spread

- Smart Beat Trans Fat Free Super Light Margarine

- Fleischmann's Light Margarine

- Spectrum Naturals Spread

- Take Control Light or Regular Spread

- Benecol Light or Regular Spread

- Olivio Premium Spread with Olive Oil

- Brummel & Brown Spread with Yogurt

- Parkey Calcium Plus Spread

NOTE: Instead of butter or margarine, consider using heart healthy unsaturated oils (like canola or olive oils). Alternatively, try using an aerosol spray (e.g. PAM) or a pump (e.g. I Can't Believe It's Not Butter Spray).

6. Frozen, Boxed, & Canned Meals

Below are some examples of healthy **frozen meals**:

- **Meals:** *Smart Ones* by Weight Watchers, *Healthy Choice*, *Lean Cuisine*, *Taj Gourmet*
- **Meal Kits** (come with vegetables and either pasta, rice, or potatoes. Some also come with chicken, turkey, shrimp, or beef; while others tell you to throw it in.)
Try *Birds Eye* Chicken, Shrimp, or Steak Viola!, *Birds Eye* Easy Recipe Creations, *Cascadian Farm* Meals for a Small Planet (vegetarian), *Green Giant* Create a Meal, and *Stouffer's Lean Cuisine* Skillet Sensations.
- **Meal Bowls:** Try *Ethnic Gourmet's* Vegetarian or Chicken Rice Bowls, *Healthy Choice's* Chicken Bowls, *Seapoint Farms* Edamame Soybean Rice Bowls, *Cascadian Farm* Veggie Bowls, or *Uncle Ben's* Rice & Chicken Bowls.
- **Veggie Products:** *Boca*, *Morningstar*, *Health is Wealth*, *Yves Veggie*, and *Gardenburger* make meatless soy protein burgers, ground "meat" crumbles, hot dogs, and/or chicken-free patties/nuggets.
- **Frozen Fish Sticks or Fillets** (add to a microwaved baked potato and some steamed vegetables for a quick and healthy meal.) Good brands include *Mrs. Paul's* or *Gorton's* Grilled Salmon and Grilled Fillets (unbreaded). For lower fat breaded fish sticks or fillets, choose *Mrs. Paul's* Healthy Selects Baked Fish or *Van de Kamp's* Crisp & Healthy Fish.

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