

Appendix 15: Grocery Store Tips

When at the Grocery Store...

- Shop around the outside walls of the store. The unprocessed foods, such as meats, breads, fruits & vegetables and milk are usually found on the walls of the store. Processed foods are found on the inner isles.
- Your cart should be filled according to Eating Well with Canada's Food Guide. Mostly filled with vegetables and fruit and grain products; less milk and alternatives and meat and alternatives and very few 'extra' foods.

Fruits & Vegetables

- Choose dark green and orange vegetables
- Fresh, frozen or canned fruits and vegetables are all good for you
- Choose vegetables frozen plain (no added butter or cheese)
- Tip: rinse canned vegetables under cold water to remove some of the excess salt
- Choose canned fruit packed in juice or water instead of fruit packed in syrup
- Have vegetables and fruit more often than juice
- When choosing juices, choose 100% real juice. 'drinks', 'punch', 'cocktail' or 'beverages' are not real juice



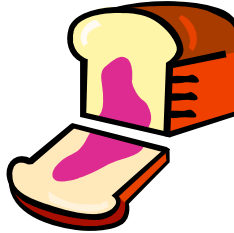
Margarine & Oils

- Choose a margarine that is 'non-hydrogenated'
- Choose oils that are high in unsaturated fats such as olive, canola, safflower, sunflower soy bean, corn or peanut oil
- Limit hard margarine, lard and shortening because they are high in saturated fat



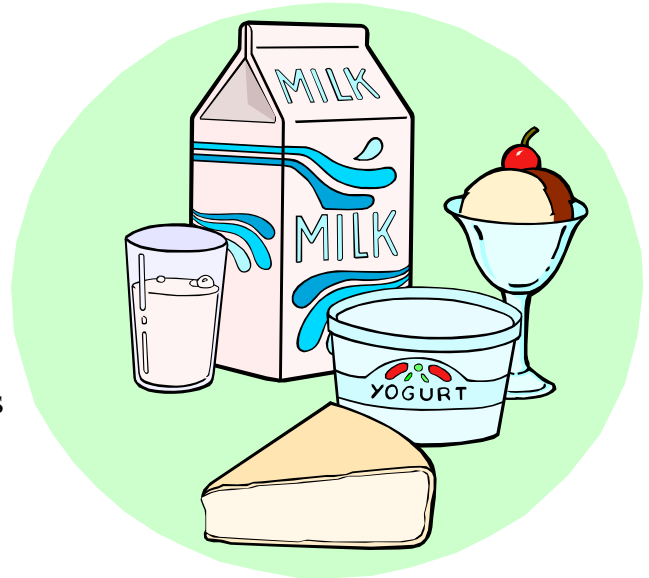
Get your Grains...

- Choose whole grains more often
- Look for the words 'whole' on the ingredient list when buying breads, crackers or pasta (ex: whole wheat, whole grain)
- Choose whole grain cereals with:
 - at least 2 grams of fiber
 - less than 5 grams of sugar
 - less than 480 mg of sodium
 - less than 2 grams saturated fat
- Limit doughnuts, cakes, muffins, cookies and sweet rolls as they are high in fat and sugar



Milk and Alternatives

- Choose low fat milk, such as skim, 1% or 2% more often
- Select fat free, 1% or 2% yogurt and cottage cheese
- Look for % MF on the food label - this stands for percent milk fat and tells how much fat is in dairy products
- Choose cheeses that have 20% MF or less



Protein, Protein, Protein...

- Choose lower fat meats such as roast beef, turkey or chicken more often
- Bologna, hot dogs, salami and sausages are high in fat and sodium and low in nutrients
- Eat fish often
- Avoid the pre-battered fish as it is high in fat
- Choose dried beans and lentils often - these are high in fibre, low in fat, a very good source of protein and are inexpensive
- Add beans to your soups and stews