

# HOW TO FILL YOUR SHOPPING CART



Fresh vegetables and fruits should make up the largest part of your healthy foods grocery list. Vegetables and fruits have vitamins, minerals, and antioxidants, and they are usually low in calories. We all need at least five or more servings of vegetables and fruits every day. Choose a variety of fruits and vegetables that everyone in your family will enjoy.

- ◆ How many fruits and vegetables do you get in a day???

**Most** of your grain and cereal products should be made from whole grains, not from refined flours. This includes whole-grain breads, whole-grain pastas, and whole-grain breakfast cereals. Whole grains are important for vitamins, minerals, and for fiber, which is often lacking in modern diets. Read labels to look for 100% whole-grain or 100% whole-wheat to be sure you are getting whole grain products.

- ◆ If a label says “100% wheat” this is not necessarily a whole wheat product. **READ THE LABEL!!!**

**Protein** and meat choices should consist mostly of fish, poultry and lean meats. Eggs, nuts, seeds and legumes are also good protein choices. Choose fresh and frozen un-breaded meats and fish. Avoid breaded, deep-fried convenience foods that you put in the oven. They are high in fat and sodium.

**Beverages** should be kept simple. Water, low-fat milk, juices and herbal teas are all good choices. If you opt for soft drinks, choose diet sodas and soft drinks to avoid extra sugar.

**Dairy products** should include low-fat milk, yogurt and cheese. If you do not want cows' milk, choose soy and rice beverages, calcium-fortified orange juice, or goats' milks and cheese.

**Be careful** with dressings, cooking oils and condiments. They are sneaky sources of refined sugar and poor quality oils. Read labels to choose dressings made with olive oil, canola oil or walnut oil. Choose low-fat mayonnaise for your sandwiches and choose canola oil and olive oil for cooking.

**Frozen foods** are a convenient way to keep vegetables on hand. There are also prepared meals that you can pop into the microwave or oven. These can be convenient and healthy if you choose low-fat versions with good portion sizes. Read labels and choose frozen foods wisely.

**Foods in cans and jars** are also very convenient. Look for low-sodium soups, vegetables and sauces. Avoid high-fat gravies and high-calorie foods like canned spaghetti and ravioli products.

**For sandwiches**, choose peanut butter or other nut butters, low-fat turkey slices or sliced roast beef. Avoid processed lunch meats, sausages and hot dogs. And don't forget the whole grain bread!

**Moderation is key** when it comes to high-calorie treats and desserts. Choose fresh fruits, healthy nuts, seeds and whole-grain crackers for snacks.