

PANTRY BEST BUYS



Choose these items for the most nutritional bang for your buck:

WHOLE GRAINS

They retain the nutrition that is stripped away from refined grains.

Whole grains are an important source of fibre, complex carbohydrates, vitamins

and minerals. Try: brown rice, bulgur wheat, oatmeal, barley and whole-wheat breads and crackers. Look for the word “whole” before the first ingredient.

NUTS AND SEEDS

They're naturally cholesterol and trans fat-free, and they contain “good” monounsaturated and poly-unsaturated fats that can help lower blood cholesterol levels. But nuts are high in calories relative to their portion, so eat only 60 ml or ¼ cup per day. **Fact:** A serving of almonds contains calcium, iron, vitamin E and riboflavin. Choose low- or no-salt varieties.

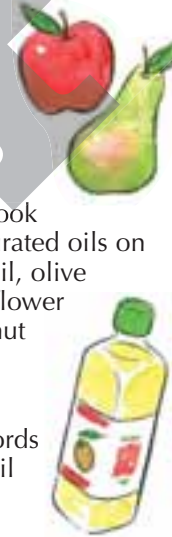
LEGUMES

Foods in the pea, bean and soy family are high in protein without the saturated fat. They are lean, plant-based and inexpensive. **Try these:** lentils as a side dish, hummus made with chickpeas (garbanzo beans), chili made with kidney beans, or burritos made with black or pinto beans.

With vitamins, minerals, fibre and healthy fat, soy is a good substitute for foods high in saturated fat, such as beef burgers and hot dogs. **Try these:** soy milk, soy nuts, tofu, tempeh, edamame (whole soybeans) and textured vegetable protein (found in many veggie burgers and veggie dogs, and prepared soy foods).

MORE TIPS FOR HEALTHY FOOD SHOPPING

- **Plan your meals** with vegetables, fruits, whole grains, lean proteins and low fat dairy foods in mind. Foods high in fat, refined carbohydrates and sugar can leave you feeling sluggish.
- **Herbs and spices**, some marinades and some condiments add flavour (not fat) when cooking vegetables and meats. Refer to a low-fat cookbook as a resource for your grocery list and for ways to make flavourful and more healthful dishes.
- **The healthiest foods** — like produce, fish, lean meats and whole grains from the bakery — are usually located on the outer edges of the grocery store.
- **Buy local** — Try seasonal fruits and vegetables that are harvested in your area right now. Look for a local farmer's market or produce cooperative.
- **Some oils** are better than others. Look for monounsaturated and polyunsaturated oils on ingredient lists, and choose canola oil, olive oil, soybean oil, sunflower oil or safflower oil instead of palm kernel and coconut oils.
- **Hydrogenated oils** are high in unhealthy trans fat. Watch for the words “partially hydrogenated” vegetable oil or “hydrogenated” oil on ingredient lists. Select products with little or no trans fat in them.



Final thought: Healthful eating can be exciting. Many grocery stores now offer a large selection of vegetables and fruits, and ethnic and exotic foods offer even more variety. Know your calorie limit, plan ahead and aim for good nutrition. You can still enjoy great taste and satisfaction with every meal.

Reviewed by Cara Rosenbloom, RD, Personal Best Canadian Wellness Advisor, 5/09.
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HEALTHY FOOD SHOPPING



BUY WELL,
EAT WELL



THE SMART CART

Dietitians agree that one of the best ways to eat better is to prepare most of your meals at home. The advantages? You can choose the freshest and healthiest ingredients. But the key to healthy eating at home is in how you stock your kitchen.



Foods that are good for you are generally low in calories, saturated fat and salt, but high in fibre, vitamins and minerals. And healthy foods can fit almost any budget. Need help with your shopping list? Use this brochure as a guide, and you'll be on your way to eating healthier and maybe even keeping your weight, blood pressure and cholesterol in better shape.

BE A DEDICATED LABEL READER

Food labels must include more information than ever before — information you can use to judge how a food fits into your diet. Label quick tips:

- ✓ **PAY** attention to serving size, especially how many servings there are in the food package. Think about how many servings you will eat.
- ✓ **CHOOSE** foods with lower amounts of saturated and trans fat, cholesterol and sodium.
- ✓ **GET** enough dietary fibre, vitamins A and C, calcium and iron.

Food labels are based on an average daily diet of 2,000 calories. The Daily Value refers to how much of a specific nutrient is found in one serving of that food in relation to what's recommended for the whole day. For healthy nutrients, like fibre and vitamins, aim to reach 100% of the recommended Daily Value. For nutrients such as sodium or fat, aim not to exceed the Daily Value.



KNOW THESE BUYING BASICS

BUY MORE

From the produce section ... choose more fruits and vegetables of all colours. Canada's Food Guide recommends for 7-8 servings daily for women, and 8-10 for men. Fruits and vegetables are low in calories, low in fat and high in fibre, plus they boost your body's disease-fighting abilities through essential vitamins and minerals.

From the fish counter ... fish is touted as good for the heart, low in saturated fat and cholesterol. Look for varieties high in omega-3 fats such as wild salmon, trout, tuna and sardines. Bypass breaded and fried fish, which may contain trans fat and excess calories.

From the aisles ... choose dried beans, peas, pasta and rice. These foods are generally filling, and low in fat and cholesterol. Beans, peas and lentils (the legumes) are good sources of protein and fibre. **Tips:** You can usually get more dietary fibre from brown rice and whole-grain pastas than from their refined (white) counterparts. Watch the high salt levels in pre-seasoned varieties.

BE CAUTIOUS

At the dairy case ... most dairy products contain valuable calcium, vitamin D and other nutrients for strong bones and teeth, but some dairy products are high in saturated fat and cholesterol. Opt for skim, 1% or 2% milk, reduced-fat cheese (15% milk fat or less) and lower fat yoghurts.

At the meat case ... a healthy serving of meat is only 75 grams or 2 ½ ounces, about the size of a deck of cards. Choose lean cuts of beef, particularly top sirloin, top round or bottom round, top loin and extra lean ground beef (the label should say at least "90% lean"). Choose lean pork such as pork loin and tenderloin, and skinless chicken or turkey.

In the deli ... pre-packaged salads, cole slaws and other pre-made dishes may be loaded with fat, calories and sodium. Serve them sparingly.

What the Package Claims Mean

FREE Contains no (or a very small) amount of fat, saturated fat, sugar, sodium or calories

NO-CALORIE Fewer than 5 calories per serving

"LOW in ..." **Calories** — 40 or less

Contains the following per serving: **Saturated Fat** — 1 g or less

Total Fat — 3 g or less

Sodium — 140 mg or less

Cholesterol — 20 mg or less

LEAN Refers to cuts of meat, poultry and seafood

Contains the following per serving: **Saturated Fat** — 4.5 g or less

Total Fat — less than 10 g

Cholesterol — less than 95 mg

EXTRA LEAN **Saturated Fat** — less than 2 g

Total Fat — less than 5 g

Cholesterol — less than 95 mg



In frozen foods ... you'll find a variety of foods to help you with every meal of the day – from plain fruits and vegetables to those so smothered in high-calorie sauces and toppings they'll derail your healthy eating goals in one serving.

Remember: Frozen treats come in low fat and fat-free varieties, but the serving size is usually small. And where there is less fat, there may be more sugar to make up for it. Watch the calorie content and pay close attention to the serving size. **Sensible substitutes:** sorbet, low fat frozen yoghurt, fruit juice bars and individual serving ice-cream cups.

Check TV dinners and other frozen convenience foods for saturated fat and sodium. Select meals with no more than 20% of the Daily Value for fat and sodium.

On the snack aisle ... Smart start: lower fat versions of chips and other snacks, air-popped popcorn, small amounts of nuts (60 ml or ¼ cup is considered "one serving" in Canada's Food Guide).

REMEMBER TO READ LABELS