

PANTRY BEST BUYS



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

WHOLE GRAINS

They retain the nutrition that refined grains have stripped away. Whole grains are an important source of fiber, 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. Some products claim they are whole grains but when you check the ingredient list, the whole grain is so far down the list that it doesn’t amount to much fiber.

NUTS AND SEEDS

They’re naturally cholesterol and trans-fat free, and they contain monounsaturated and polyunsaturated fats that can help lower blood cholesterol. But nuts are high in calories relative to their portion, so eat only 1 ounce per day. **Fact:** A serving of almonds is high in calcium, iron, vitamin E and riboflavin. Choose low- or no-salt varieties.

LEGUMES

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

SOY

With vitamins, minerals, fiber and healthy fat, soy is a good substitute for foods high in saturated fat. **Try these:** soy milk, soy nuts, tofu, tempeh, edamame (whole soybeans) and textured vegetable protein (found in many veggie burgers 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 flavor (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 flavorful and more healthful dishes.
- **The healthiest foods** — produce, fish, lean meats and whole grains from the bakery — are usually located on the outer edges of the grocery store.
- **Most fruits and vegetables** are available fresh year-round. Try those 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 “hydrogenated” and “partially hydrogenated” on ingredients lists. Select products with little-to-no trans-fat in them.



Final thought: Healthy 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.

HEALTHY FOOD SHOPPING

BUY WELL,
EAT WELL



THE SMART CART

Nutritionists 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, low in saturated fat and high in fiber. 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.
- ✓ **KEEP** fat, cholesterol and sodium as low as possible (5% or less of Daily Value, or DV, is desirable).
- ✓ **GET** enough dietary fiber, 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 or other dietary factor such as calories, fat, sodium and cholesterol that one serving of a food contains in relation to what's recommended for the whole day.

For fiber and vitamins, aim to reach 100% of the recommended Daily Value.



KNOW THESE BUYING BASICS

BUY MORE

From the produce section ... choose more fruits and vegetables of all colors. Nutrition guidelines call for 7-9 servings daily for women, 9-11 for men. Fruits and vegetables are low in calories, low in fat and high in fiber. Fruits and vegetables 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 fat and low in cholesterol. Look for varieties high in omega-3 fatty acids such as salmon and sardines. Bypass the breaded and fried fish. Shellfish such as shrimp is thought to contribute to high cholesterol, so don't overdo it.

From the bean and pea, pasta and rice shelves ... these foods are generally filling, and low in fat and cholesterol. Beans, peas and lentils (the legumes) are good sources of protein and fiber. **Tips:** You can usually get more dietary fiber from brown rice and whole-grain pastas than from their refined counterparts. Watch the salt in pre-seasoned varieties.

BE CAUTIOUS

At the dairy case ... most dairy products contain valuable vitamin D and other nutrients for strong bones and teeth, but some dairy products are heavy with saturated fat and cholesterol. Opt for low-fat, reduced-fat or nonfat milk, cheeses and yogurt.

At the meat case ... a healthy serving of meat is only 2-3 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 poultry.

WATCH OUT

In the deli ... prepackaged salads, slaws and other premade 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

Contains the following per serving:	Calories — 40 or less
	Saturated Fat — 1 g or less
	Total Fat — 3 g or less
	Sodium — 140 mg or less
	Cholesterol — 20 mg or less

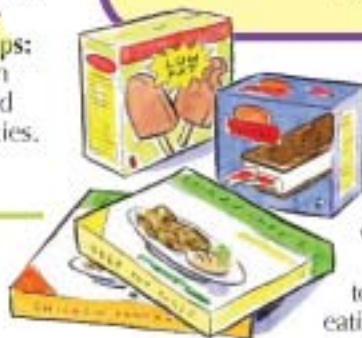
LEAN Refers to cuts of meat, poultry and seafood

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 more low-fat and fat-free varieties, but the serving size is usually small, particularly for ice cream. And where there is less fat, there may be more sugar to make up for it. **Sensible substitutes:** sorbet, 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 (8-10 almonds, for example).

REMEMBER TO READ LABELS