

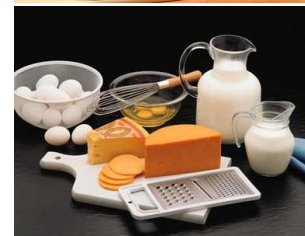
Healthy Grocery Shopping—What to Buy

Start your summer off right by keeping the “right” foods around your home to help you stay fit and healthy. This obviously begins with smart shopping during your weekly trip to the grocery store. However, be prepared by planning out your healthy meals and snacks for the week before heading out the door. By making a list you are more likely to stay on task at the store and only grab what you came for. This will make grocery shopping quick and easy, and most of all healthy! Keep reading below for tips on what to include on your healthy shopping list.



Healthy Grocery Shopping List and Tips

- Fresh vegetables and fruits should make up the largest portion of your grocery shopping list. Be sure to gather a variety of fruits and veggies to ensure that you reap all of the wonderful health benefits various fruits and veggies have to offer. Try to incorporate lots of color and you are sure to gain loads of vitamins, minerals, and antioxidants! You don't always need to buy organic (foods that contain protective outer layers), but I recommend it when you can. Remember you need 5+ servings of fruits and veggies per day!
- When choosing bread, grains, cereals, and pastas make sure you are buying whole grain/wheat products rather than enriched or refined products. The bran and germ portions of the grain contain the most important vitamins, minerals, and fiber. White, enriched, and refined products strip these valuable portions of the grain away. Be sure to check the labels for 100% whole-grain or 100% whole-wheat to be sure you are actually getting whole grain products.
- When buying meat your choices should be lean (low in saturated fat) and high sources of protein. These choices should consist of fish, poultry and lean meats. Look for Choose fresh and frozen unbreaded meats and fish. Also try to choose organic, grain fed, and free range meats when possible. This will eliminate all of the potential toxins found in other meat choices.
- Beverages should be kept simple. Water, low-fat milk (Skim), 100% natural juices and herbal teas are all good choices.
- 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. When you have the option, be sure to buy reduced fat/low fat dairy products!
- Be careful with dressings, cooking oils and condiments. They are sneaky sources of sugar, poor quality oils, starches, and usually high in sodium. Use 100% extra virgin olive oil or PAM for cooking. Read labels to choose dressings made with olive oil, canola oil or walnut oil. If you buy mayonnaise make sure it is low-fat or the “light” version. Whenever a condiment has a low-sodium option, choose that one. Keep your eye out for high fructose corn syrup as well. Stay away from any products that contain HFCS on the label!
- If you frequently buy frozen meals there are some out there that are healthy. They certainly are easy to prepare and convenient if you don't have a lot of time to prepare a meal. Choose healthy low fat versions with good portion sizes. Read labels and chose frozen foods wisely. Avoid products high in sodium, refined sugars, and fried or breaded foods. Canned foods and vegetables are also quick and easy. Be sure to buy low-sodium soups, vegetables and sauces.
- When buying sandwich fixings choose low-fat lean meats, natural peanut butter, natural jelly's and jams. Avoid processed lunch meats. Steer clear of sausages, hot dogs, pre-packaged pork, and other high fat choices. Check labels for sodium levels and high fructose corn syrup.
- Don't load up on high calorie treats and desserts. Eggs, nuts, seeds and legumes are great snack choice and include valuable protein. Choose unsalted options when necessary. Natural granola, low-fat yogurt and cottage cheese, and whole grain rice cakes are great healthy snacks as well. You can also choose fresh fruits, vegetables, and whole grain crackers as great snack additions.



Town of
Beech Mountain

For additional information and great educational material concerning your diet and grocery shopping trips check out www.myfoodpyramid.gov.