

TAKE A TOUR OF THE GROCERY STORE

NUTRITION



Buying Healthy Foods on a Budget

Healthy eating starts with smart choices in the grocery store. That way the healthy choice is an easy choice at home.

Make a List

Before going to the store, make a grocery list using the weekly sales flyer. When shopping, focus only on sections of the store where you will find the foods on your grocery list.

Choose Your Path Carefully

Although layouts vary from one store to another, all stores have the same basic sections. An example is shown below.

1) Stroll around the perimeter

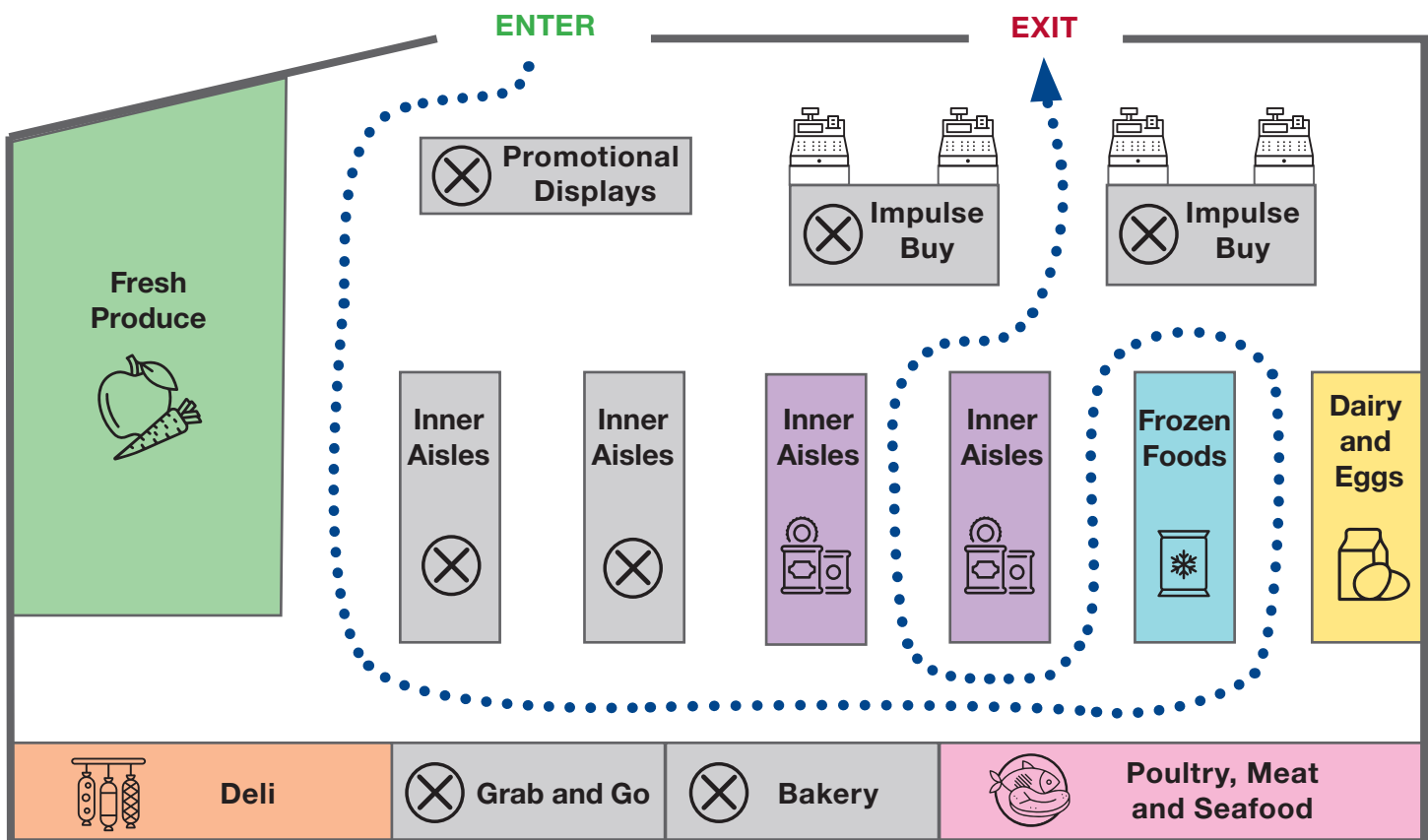
Notice the fresh foods – produce; deli; poultry, meat, and seafood; and dairy and eggs.

2) Walk down the inner aisles

Notice certain frozen, packaged, and shelf-stable foods – frozen vegetables and fruits; bread; breakfast cereal; crackers; whole grains; oils, dressings, and sauces; spreads and condiments; canned goods; and spices.

3) Skip certain sections

Beware of unhealthy and pricey foods – promotional displays; grab and go; bakery; certain inner aisles with sugary beverages, packaged snacks, and sweets; and impulse buys.





FRESH PRODUCE

<ul style="list-style-type: none"> • Beets • Bok Choy • Cabbage • Carrots • Celery • Corn 	<ul style="list-style-type: none"> • Cucumber • Eggplant • Leafy Greens (all varieties) • Mushrooms • Onions 	<ul style="list-style-type: none"> • Parsnips • Peas (green) • Peas (snap, snow) • Peppers (all varieties) • Salsa 	<ul style="list-style-type: none"> • Sweet Potato • Tomatoes • Squash (acorn, butternut) • Yam • Zucchini 	<ul style="list-style-type: none"> • Apples • Banana • Berries (all varieties) • Cantaloupe 	<ul style="list-style-type: none"> • Grapes • Honeydew • Mango • Oranges • Papaya 	<ul style="list-style-type: none"> • Pears • Pineapple • Plantain • Star Fruit • Watermelon
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- ✓ *Shop seasonal produce.* Fruits and veggies cost less when in season. Search online for lists of what's in season.
- ✓ *Consider frozen options.* See Frozen Foods section.
- ✓ *Choose produce that lasts longer.* Choose vegetables and fruits that last longer (for example, carrots, celery, apples, oranges) over those that spoil more quickly.
- ✓ *Look for discounts.* Shop discounted produce that is near expiration. This produce is usually safe for consumption, and tastes good in soups and other cooked meals.

• Avocado	• Tofu	• Guacamole	• Hummus	• Lemon or Lime Juice	• Nuts	• Seeds
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- ✓ *Consider vegetarian protein options.* Tofu, made from soy, is a low-cost protein that can be used in place of meat.
- ✓ *Compare costs of nuts and seeds.* The nuts and seeds in an inner aisle may cost less than those in the produce section. Peanuts are usually less expensive than other nuts.

What do the colored dots mean?

The Boston Children's fit kit uses color codes for carbohydrates, proteins, and fats. Recommended portions of carbohydrates vary for different foods, as shown by the colors of a traffic light. Enhancers boost flavor. Other fit kit resources offer more nutrition information.

Carbohydrates:

- Eat Plenty
- Control Portions
- Limit (or Eliminate)

- Protein
- Fat
- Enhancers



DELI

• Chicken Breast	• Turkey Breast	• Turkey Ham	• Turkey Pepperoni
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- ✓ *Pay attention to quantity.* Deli meat does not last too long. Be sure to buy only the quantity you know you will be able to eat within a few days, so it does not go to waste.
- ✓ *Avoid deli meats with added sugars.* Names like "honey glazed" or "honey roasted" are a clue that a deli meat is higher in sugar.
- ✓ *Consider making your own "deli meat."* If time permits, you may want to roast chicken or turkey for sandwiches or salads.



POULTRY, MEAT, AND SEAFOOD

• Chicken and Turkey (white or dark meat)	• Fish (all varieties)	• Shellfish (all varieties)	• Red Meat (all varieties of beef and pork)
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- ✓ *Choose poultry and seafood.* Eat red meat less frequently (no more than 2 to 3 times per week).
- ✓ *Freeze sale items.* If you have space in your freezer and your budget allows, purchase extra of sale items for freezing. Or, double a recipe that includes sale items and plan to freeze some for another time.
- ✓ *Consider canned options.* You will find these in the inner aisles. See section on Canned Goods below.



DAIRY AND EGGS

- Butter and Margarine
- Cheese (full-fat varieties)
- Eggs
- Sour Cream
- Cream Cheese
- Milk (whole, 2%)
- Yogurt (whole, 2%; Greek, regular)

- ✓ *Opt for plain rather than flavored milks and yogurts.* Flavored varieties have a lot of sugar. Choose plain (white) milk and yogurt. Use fresh or frozen fruit to sweeten yogurt.
- ✓ *Pay attention to shelf life.* If you prefer non-dairy milks, like almond or soy, consider shelf-stable options (found in the inner aisles) to limit waste.
- ✓ *Watch out for sugary beverages near the dairy products.* You may see refrigerated juices and other drinks. Fruit juices and juice drinks have a lot of sugar. Choose fresh or frozen fruit instead of fruit juice.



FROZEN FOODS

- Beans (green, wax)
- Greens (collard, kale, spinach)
- Soy Products
- Berries (all varieties)
- Broccoli
- Peas (green)
- Squash (butternut)
- Mango
- Carrots
- Peas (snap, snow)
- Stir Fry Blends
- Pineapple
- Cauliflower
- Corn
- Sweet Potato

- ✓ *Enjoy frozen vegetables and fruits.* Frozen vegetables and fruits are just as nutritious, are a great low-cost option, and will last much longer than fresh. Frozen vegetables are best in cooked recipes. Frozen fruits can be eaten for a snack, or in smoothies.
- ✓ *Watch out for added sauces, sodium (salt), and sugar.* Choose bags of vegetables and fruits with no other ingredients.
- ✓ *Stock up.* If you have the space in your freezer and your budget allows, stock up on sale items. They will last a while and are good to have on hand when you run out of fresh.
- ✓ *Avoid certain frozen foods.* Appetizers, desserts, dinners, juice concentrate, and pizza often are unhealthy, pricey, or both.



INNER AISLES

WHOLE GRAINS AND DRIED BEANS

- Barley
- Brown rice
- Quinoa
- Dried Beans (all varieties)
- Basmati Rice
- Bulgur
- Whole Grain Pasta

- ✓ *Check the ingredient list for “whole grain” products.*
- ✓ *Experiment with ratios for Rice and Beans.* Beans are more nutritious than rice. Use 2 parts beans for 1 part rice. Brown rice is a better choice than white rice.
- ✓ *Beware of “whole grain” sweets.* Some products made with whole grain flours also have a lot of added sugars and are not healthy.

BREAD				
● Tortilla, 6-inch (corn, whole grain)		● Whole Grain Bread		● Whole Wheat Pita Pockets
<p>✓ <i>Check the nutrition label.</i> Look for products with at least 3 grams dietary fiber and no more than 3 grams total sugars per serving.</p> <p>✓ <i>Check the ingredient list.</i> Look for products with “whole” grain listed as the first ingredient. Avoid products with “enriched” or “refined” flour listed as an ingredient. Look for breads with no added sugars or high-fructose corn syrup.</p>				
BREAKFAST CEREAL				
● Barbara’s Multigrain Spoonfuls ● Barbara’s Puffins		● Kashi Organic Oat	● Oatmeal (steel cut or old-fashioned)	● Wheat Chex
<p>✓ <i>Check the nutrition label.</i> Look for cereals with at least 4 grams dietary fiber and no more than 6 grams total sugars per serving.</p> <p>✓ <i>Check the ingredient list.</i> Compared to name brands, store brands are usually less expensive and typically have the same quality.</p>				
CRACKERS				
● Ak Mak® Crackers		● Triscuit®	● Wasa® Whole Grain Crispbread	
<p>✓ <i>Check the nutrition label.</i> Look for crackers with at least 3 grams dietary fiber per serving, and no sugars.</p> <p>✓ <i>Check the ingredient list.</i> Look for crackers with a “whole” grain listed as the first ingredient. Avoid “enriched” or “refined” flour and any high-fructose corn syrup.</p>				
CANNED GOODS				
● Chile Peppers ● Diced Tomatoes	● Tomatillos ● Beans (all varieties)	● Chicken ● Fish (salmon, sardines, tuna)	● Coconut Milk ● Olives	● Bean Soup ● Broth (chicken, vegetable) ● Vegetable Soup
<p>✓ <i>Choose less-expensive store-brand items.</i> Usually, the product is exactly the same as the name brand, just the label is different.</p> <p>✓ <i>Keep canned protein on hand.</i> Canned chicken, salmon, sardines, and tuna are good sources of lean protein, have a long shelf-life, and don’t need to be kept in the refrigerator or freezer until they are opened. Use canned fish or chicken as a healthy, inexpensive option for things like sandwiches, enchiladas, casseroles, and salads.</p> <p>✓ <i>Use canned soups as a base for a meal.</i> Add fresh or canned poultry, seafood, or beans to make enough for a second meal.</p> <p>✓ <i>Compare the pros of canned and dried beans.</i> Canned beans are a good choice, and require little time for preparation. Dried beans are less expensive but must be soaked and take longer to prepare.</p> <p>✓ <i>Fresh or frozen vegetables and fruits usually are better choices than canned.</i> Canned vegetables have a lot of salt. Canned fruits often have a lot of sugar, especially if packed in heavy syrup. Choose fruits packed in juice.</p>				

OILS, DRESSINGS, AND SAUCES

- Salad Dressing
- Vegetable Oils (canola, olive, peanut)
- Vinegar (balsamic, cider, rice, white)
- Mayonnaise
- Tomato (Pasta) Sauce
- Soy Sauce

- ✓ *Make your own simple dressings.* Combine 2 parts olive oil to 1 part lemon juice. Add salt and pepper to taste. You'll save money and avoid the additives that often are in prepared dressings.
- ✓ *Choose regular rather than low-fat dressings.* When fat is removed, it is often replaced with salt or sugar. Look for dressings with no more than 3 grams total sugars per serving.
- ✓ *Check the nutrition label for tomato sauces.* Many tomato sauces have added sugars. Look for those with no more than 3 grams total sugars per serving.

SPREADS AND CONDIMENTS

- Almond Butter
- Peanut Butter
- Hot Sauce
- Ketchup
- Mustard
- Salsa

- ✓ *Choose natural nut butters.* Look for nut butters with a short ingredient list, just nuts and salt, and no more than 2 grams total sugars per serving.
- ✓ *Check the nutrition label for ketchup.* Look for ketchup with no more than 3 grams total sugars per serving.

SPICES

- Basil
- Black Pepper
- Chili Seasoning
- Cinnamon
- Coriander
- Crushed Red Pepper
- Cumin
- Garlic
- Oregano
- Paprika
- Parsley
- Rosemary
- Thyme
- **Any other spice that you like for added flavor!**

- ✓ *Check the international aisle.* For cost savings on spices, head to the international aisle, where prices usually are lower.
- ✓ *Watch out for added ingredients.* Avoid spices with added ingredients, especially sugar and salt.



UNHEALTHY, PRICEY, OR BOTH

PROMOTIONAL DISPLAYS

- ✓ *Avoid promotions for unhealthy foods.* These are found right when you enter the store. Walk past the displays.

GRAB AND GO

- ✓ *Skip the prepared foods and single-serving snacks.* These foods cost more, and may be unhealthy too.

INNER AISLES

Sugary Beverages	Snacks	Sweets
<ul style="list-style-type: none"> • Cola • 100% Fruit Juice • Fruit Drinks • Ginger Ale • Lemonade • Powdered Mixes • Sodas • Sports Drinks • Sweet Tea 	<ul style="list-style-type: none"> • Chips • Popcorn • Pretzels • Rice Cakes • 100 Calorie Packs 	<ul style="list-style-type: none"> • Brownie • Cookie • Cake • Danish • Doughnut • Marshmallow • Pudding

- ✓ *Drink water instead of sugary beverages.*

IMPULSE BUYS

- ✓ *Beware of flashy signs near the registers.* This “impulse buys” section features convenience items meant to distract shoppers and encourage them to spend more.