

# Grocery Shopping Tips



## Produce

- Choose a variety of colorful fruits and vegetables to meet your vitamin and mineral needs.
- Experiment. Try a fruit or vegetable you have never had before. You may surprise yourself and actually like it!
- Frozen, fresh and dried options are equally nutritious and can often be cheaper in off seasons.
- Shop in season for the quality and lowest price.
- Buy pre-washed and prepared veggies and fruit for quick snacks on the run or to pack in your lunch.

## Grains

- Look for 100% whole grain on the label.
- Choose bread with at least three grams of fibre per slice.
- Beware of hidden fats and sugars in muffins, scones, croissants and other popular baked goods (even low fat ones!).
- Bored of sandwiches? Try a whole grain wrap or pita loaded with veggies!
- Choose whole grain pasta or couscous to add fibre to your diet. It is more filling than white pasta.
- Swap pasta or rice for other whole grains such as quinoa or barley.
- Look for brown rice or wild rice medleys as they have more fibre than white rice.

## Meat & Alternatives

- Choose fresh and cooked meats over processed meats to avoid extra salt.
- Choose lean cuts of beef, poultry and pork. Remove skin and trim excess fat.
- Choose fatty fish like salmon, ideally 2-3 times per week
- When buying deli meats, ask for low salt and low fat meats (Superstore® has no added salt turkey breast and Sobeys® fat free chicken and ham are lower in sodium)
- Meatless Mondays! Try a vegetarian meal once per week using beans, lentils or tofu to reduce your intake of saturated fats.

## Dairy & Fats

- Choose lower fat options of milk and yogurt most often.
- Look for cheese containing less than 20% milk fat (M.F).
- Cheese sticks and BabyBel® cheese are perfect portions of cheese and easy to pack for lunches and snacks.
- Lucerne® no added salt cottage cheese is much lower in salt than many other varieties.
- Use milk instead of cream in your coffee or tea.
- Try Greek yogurt, it is an excellent source of protein!
- Choose a heart healthy non-hydrogenated margarine and limit your intake to 3-4 tsp per day.

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## Cereal

- Choose breakfast cereals high in fibre (at least 4-5 grams per serving).
- If you can not give up your favorite low fibre cereal, try adding All Bran Buds® to it to increase the fibre. You can also sprinkle All Bran Buds® to your yogurt!
- Kashi® cereals are a great option for breakfast. Look for ones high in both fibre and protein to keep you full longer.
- Oatmeal is a great source of soluble fibre. Choose plain oatmeal and spice it up with some fruit and nuts. When in a crunch for time in the morning Quaker High Protein® instant oatmeal will help keep you full longer than other instant oatmeal packs.
- Beware of cereal bars (granola bars), many are high in sugar and fat.

## Frozen

- Check labels to avoid added sugar and salt in fruit and vegetables.
- Frozen pizza shells save time when creating a healthy homemade pizza.
- Balance pre-made dinners with baking from scratch. For example, making fresh pasta dishes can be just as quick as thawing frozen ones, with the added benefit of nutrition and taste!
- Look for juices without added sugar.



## Snacks

- Choose baked options for potato chips and taco chips. They are lower in fat and calories.
- Rice cakes and rice chips are lower in fat and have the same crunch value as chips. Just remember these options may be lower in fat but higher in salt.
- Some healthier alternatives are individual Greek yogurt portions, prepared vegetables, fresh or dried fruit, trail mix (no added salt), sliced cheese, home-baked cereal squares, popcorn (low fat), salsa and corn chips, tuna and crackers.
- Remember that “low fat” does not always necessarily mean low calorie or a healthier option. Check labels to avoid trans and limit added salt or sugar.

## Canned Food

- Many canned foods are very high in sodium so look for products with no added salt. Most grocery stores carry no added salt tomatoes, tomato sauce, tomato paste and tomato juice.
- Eden® makes a variety of canned beans and lentils with no added salt.
- Eden® soups are also lower in sodium.
- Canned fish in water is a healthy alternative and often cheaper than fresh fish. Cloverleaf® makes a low sodium tuna in water and salmon in water.