

# SMART About Food Shopping

## **S- Start to plan meals**

- Plan your menu one week at a time and write a list of the foods you need before you get to the grocery store. Include the meals and snacks you will prepare at home and take to work/school
- Choose to prepare meals at home and carry lunch and/or snacks to work. This is often healthier than eating out and less expensive.

## **M- Make a list... and stick to it**

We can be tempted to buy sale items and food we don't need once in the store. Buy only the items on your list. This will save you money and help you stay on the path to a healthier you!

## **A- Arrive nourished, not hungry**

If you go shopping on an empty stomach it can make it more difficult to stick to your list of healthy foods

## **R- Read labels**

- Choose foods low in sodium (140mg per serving or less) and low in sugar (6 grams per serving or less)
- Low in saturated fat (no >2 grams saturated fat per serving)
- Choose foods trans fat-free (0 mg trans fat and no partially hydrogenated or shortening on Ingredient List)
- Choose whole grains and foods high in fiber (5 grams or more per serving)
- Look at the calories per serving to follow your food plan

## **T- Time to shop**

- Take the time to examine the layout of the market. Take to time to read labels carefully, and to know what items are on your list.
- Take the time to remind yourself of your goals, as you are in the market to set yourself up for success at home

## **SMART START:**

1. Put a check by strategies you are using now
2. Circle strategies you could use the next time you shop
3. Copy and use the shopping list on the back or use it as a reference for healthy foods to include in your weekly meal plan.

# Healthy foods to include on your personal shopping list:

## A rainbow of veggies:

- Red, orange, yellow and green peppers
- Tomatoes, tomato sauce
- Carrot, pumpkin
- Butternut or acorn squash
- Garlic, onion, chives, cauliflower
- Leafy greens, spinach, kale, collard greens, mustard greens, mesculin, romaine lettuce, broccoli, brussel sprouts, green cabbage, bok choy, green beans, eggplant

\*if frozen or canned choose no sauce or syrup

## Heart healthy **WHOLE** grains:

- Bread, pita, wraps, English muffins
- Cereal: hot or cold
- Crackers, popcorn kernels to pop at home
- Brown rice, barley, bulgur wheat, quinoa
- Corn
- Whole wheat pasta

## Herbs and Seasonings:

- Parsley, cilantro
- Basil, garlic
- Onions
- Lemons
- Mrs. Dash*
- McCormick* seasonings
- Paul Prudhommes* Magic Seasonings
- Other:*

## A rainbow of fruits:

- Strawberries, cherries, cranberries, raspberries, watermelon, pomegranates, red apples, red grapes
- Mango, apricots, cantaloupe, oranges, tangerines, peaches, papaya, pineapple, nectarines
- Bananas, green grapes
- Blueberries, blackberries, purple grapes, plums, prunes, purple figs
- Other\_\_\_\_\_

\*if frozen or canned choose no sauce or syrup

## Dairy:

- Yogurt
- Milk- skim, 1%, Simply Smart, Over the Moon
- Non-dairy alternative
- Soy milk
- Cheese (*Laughing Cow Light*, *Babybel Light*)
- Cottage cheese (low fat, low salt)
- Eggs and egg substitute (*Egg Beaters*)

\*Yogurt: *low-fat/nonfat (Dannon Greek 80, Fage' 0)*

## Beverages (unsweetened):

- Water
- Tea
- Coffee
- Crystal light

## Lean protein:

- Fish
- Canned tuna **in water**
- Poultry (turkey, chicken)
- Red meat (loin/round)
- Tofu
- Edamame
- Black beans
- Kidney beans
- Chickpeas (*Garbanzo beans*)
- Lentils
- Other:\_\_\_\_\_

\*for beans choose dried or low sodium options

## Healthy fats:

### Oils and spreads:

- Canola, safflower, olive, corn, sunflower, soybean
- Non-stick cooking spray
- Spreads (*Smart Balance*, *Take Control*, *Olivio-* spread or spray, *I Can't Believe It's Not Butter-* spread or spray *Brummel and Brown Spread*)

### Nuts and seeds (unsalted):

- Walnut, almonds, pecans
- Pistachios, cashews
- Peanut butter (all natural)
- Almond butter

## Healthy Snacks and Desserts:

- Sugar-free Fudgsicles or Popsicles
- Sugar-free Jell-O pudding or Jell-O)
- Dark Chocolate (70% cocoa)
- Breyers Double Churn Fat-Free Ice Cream (1/2 cup = 90 calories)
- Irene's Biscotti
- Popcorn Kernels