

Supermarket Savvy: A Guide to Grocery Shopping

Dairy

- Choose light or 2% varieties of yogurt, cheese & cottage cheese
- Choose 1% milk or plain soymilk



FYI: Compare sugar content in yogurt & flavored milk!



Spreads



- Choose light or regular trans fat free spreads
- Choose light cream cheese & dips

FYI: Steer clear if partially-hydrogenated in the ingredients!

Proteins



- Choose lean proteins like:
poultry, fish, seafood,
egg, egg substitute,
93% ground beef,
turkey/ham/roast beef
cold cuts, Canadian
bacon, hummus, tofu
& soy burgers



FYI: Aim for
≤ 4g sat fat for every
3 oz serving

***Shop the perimeter 1st
to create balanced meals !***

Produce



Fruits & Veggies:

- Choose fresh and frozen fruits & veggies
- Eat the rainbow

FYI: Dried fruits & fried veggies/starches are **once-in-a-while** foods!



Starches:

Sweet potatoes,
corn, winter squash

Breads



- Choose 100% whole
wheat versions for:
Breads
Bagels
English Muffins
Pitas
Rolls
Tortillas



FYI: Aim for
≥ 3g fiber for every
100 calorie serving