

grocery shopping guide



1| bring a list

Shopping with a list can make it easier to remember the food items you truly need, rather than the 'impulse' buys we often purchase. A shopping list can also help you stick to your food budget.

2| shop after eating

Always go shopping after a meal or a snack – if you go shopping when you're hungry, it can be much harder to resist treats and unhealthy snacks.

3| shop the perimeter*

Spend most of your shopping time in the 'fresh' sections of the grocery store, which are typically on the perimeter: the produce section, the meat, poultry & fish sections, and the dairy coolers are all on the outer part of the grocery store. *However, don't forget about some smart buys in the aisles too – things like spices, beans & legumes, and a variety of whole grain options.

fruits & vegetables

Choose these MORE often	Choose these LESS often
fruits <ul style="list-style-type: none"> fresh fruit, especially berries, apples & pears frozen fruit without added sugar canned fruit packed in juice 	<ul style="list-style-type: none"> canned fruit packed in syrup yogurt or chocolate covered dried fruit
vegetables <ul style="list-style-type: none"> all fresh vegetables – especially leafy greens! frozen vegetables (plain) canned vegetables (reduced sodium) 	<ul style="list-style-type: none"> frozen vegetables in cheese or butter sauce frozen French fries

quick tips

- choose fruits & vegetables in season to save money
- leave the skin or peel on, whenever possible, for more fibre
- dark green & orange vegetables are a great source of many nutrients

meat, poultry, fish & meat alternatives

Choose these MORE often	Choose these LESS often
beef/pork/lamb/veal <ul style="list-style-type: none"> tenderloin, sirloin or round cuts at least 90% lean ground beef 	<ul style="list-style-type: none"> rib eye, t-bone, ribs less than 90% lean ground beef ground pork or ground lamb organ meats (kidney, liver, heart)
poultry <ul style="list-style-type: none"> skinless chicken or turkey breast ground chicken or turkey 	<ul style="list-style-type: none"> chicken thighs or legs processed frozen breaded chicken
fish <ul style="list-style-type: none"> fatty fish (salmon, tuna, halibut, mackerel) or tilapia shrimp or shellfish 	<ul style="list-style-type: none"> fried or breaded fish or seafood
<ul style="list-style-type: none"> dried or canned lentils dried or canned beans: black beans, navy beans, chickpeas, kidney beans, lima beans 	<ul style="list-style-type: none"> canned beans with sauces or molasses added baked beans

quick tips

- trim off any visible fat before cooking
- try to get a variety of protein choices in your diet – between red meat, poultry, fish, and meatless meals featuring beans & lentils
- rinse canned lentils & legumes very well under cold water to remove the added salt

dairy & eggs

Choose these MORE often	Choose these LESS often
<ul style="list-style-type: none"> ▪ skim or 1% milk ▪ unsweetened non-dairy milk (soy, almond) ▪ plain low-fat traditional or Greek yogurt ▪ 1% cottage cheese ▪ light sour cream ▪ partly skim cheeses (ricotta, mozzarella) or reduced fat cheese – in blocks or string cheese ▪ eggs (omega-3 when possible) ▪ liquid egg whites 	<ul style="list-style-type: none"> ▪ 2% or whole milk ▪ sweetened milk ▪ heavy or whipping cream ▪ fruit-on-the-bottom yogurt ▪ full-fat cottage cheese ▪ full-fat sour cream ▪ full-fat hard cheeses ▪ cream cheese or cheese spread ▪ whole-milk cheeses ▪ liquid egg substitutes

quick tips

- gradually switch from whole or 2% milk to 1% or skim as the change will be less noticeable
- stick with plain yogurts most often and flavour it yourself with fresh or frozen fruit or vanilla extract
- liquid egg whites can be added to whole eggs to add volume without adding extra fat or cholesterol

whole grains

Choose these MORE often	Choose these LESS often
breads <ul style="list-style-type: none"> ▪ 100% whole grain bread ▪ sourdough or rye bread ▪ 100% whole wheat English muffin ▪ Whole wheat tortilla or bagel thin 	<ul style="list-style-type: none"> ▪ bagels ▪ white bread, rolls, or tea biscuits ▪ white tortilla
grains **check the aisles! <ul style="list-style-type: none"> ▪ quinoa, couscous, barley ▪ amaranth, bulgur (cracked wheat) ▪ whole grain or basmati rice ▪ whole wheat pasta ▪ plain oats or oat bran 	<ul style="list-style-type: none"> ▪ short grain white rice ▪ packaged rice/grain mix ▪ rice or pasta mixes made with butter, cheese or cream sauce ▪ flavoured oatmeal

quick tips

- look for breads & grains with the words “whole grain” or “whole wheat” as the first ingredient
- try a new whole grain if you haven’t done so before – most are generally easy and quick to cook
- flavour your own oatmeal as you will be adding less sugar & fat than the pre-flavoured ones

fats & oils

Choose these MORE often	Choose these LESS often
<ul style="list-style-type: none"> ▪ avocado ▪ olive ▪ nuts & seeds –aim for a variety! ▪ natural nut butters ▪ extra-virgin olive oil or canola oil 	<ul style="list-style-type: none"> ▪ nuts roasted in oil or with added salt ▪ candied or chocolate covered nuts ▪ corn, cottonseed, or vegetable oil

quick tips

- nut butters should be only 1 ingredient (ground nut/seed) or 2 (ground nut/seed + salt)
- avoid any product that has the word ‘hydrogenated’ in the ingredient list – a sign of trans fats (very unhealthy)

smart picks in the aisles & time-savers

Choose these MORE often	Choose these LESS often
<ul style="list-style-type: none"> ▪ rotisserie chicken (without skin) ▪ hummus ▪ edamame (frozen section) ▪ mustard ▪ pesto ▪ bean-based soups, reduced sodium 	<ul style="list-style-type: none"> ▪ fried chicken or chicken wings ▪ mayonnaise-based salads (potato or macaroni) ▪ frozen dinners ▪ ketchup, mayonnaise-based condiments ▪ noodle-based soups

quick tips

- shred skinless rotisserie chicken breast into small pieces and add to soups, salads, or wraps
- look for ways to add flavour without adding a lot of sugar or fat --> try mustards, pesto, or a different flavour of hummus