

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

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

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

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

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

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

### 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