

Shopping 101

Don't shop when you are hungry. This will help keep you from putting junk into your cart. A hungry shopper is more likely to succumb to impulse items.

Shop the perimeter. Load up your cart with the healthiest items in the market, including produce, lean meats and proteins, and low-fat dairy foods.

Plan your meals. This will save you time and money and will help you pack your cart with nutritious foods. Make a grocery list and stick to it.

Shoot for color. Eating brightly colored fruits and vegetables will ensure that you are getting a bounty of protective, healthy nutrients.

Shop from the pyramid. Make sure the foods in your cart are whole foods from the food groups and not from the "other" group.

Make whole grain sense. Look for breads with at least 2 grams of fiber per slice, and cereals with 5 grams or more of fiber per serving.

Remember snacks. Eating healthy snacks will keep you energized and well-nourished. See the Grocery List or Smart Snacking handouts for ideas.

Smart Time Savers...



- Buy pre-washed lettuce and salad bags.
- Look for ready-cut vegetables and fruit cups in the produce section.
- Wash and cut up veggies when you get home. Put them in air-tight containers or resealable plastic bags for an easy "grab and go" snack.
- Use canned beans (rinse them) in salads, soups and tortillas for a quick fiber and protein boost.
- Use frozen produce to add quick nutrition to your meals....such as frozen berries in a smoothie or frozen veggies to an omelet.
- Make a double batch of your favorite healthy recipes and freeze half to have future meals in a snap (a great idea for soups and chilis).
- Homemade AND fast? You bet—crock pots, pressure cookers, rice cookers, bread machines, and food processors all save time.
- Try quick-cooking or instant oats, brown rice, and whole grain pilafs.

Spread the News... How does your favorite bread or cracker spread compare?

Spread	Calories and fat per tablespoon
Stick butter or margarine	100 calories, 12 grams fat
Whipped butter	67 calories, 8 grams fat
Tub margarines	20-90 calories, 0-10 grams fat
Regular cream cheese	51 calories, 5 grams fat
Whipped or lite cream cheese	35 calories, 3 grams fat
Hummus or bean dip	23 calories, 1 gram fat
Fruit spread	56 calories, 0 grams fat
Mayonnaise	99 calories, 11 grams fat

