

# Healthy Choices at the Grocery Store

Grocery shopping can be a learning experience and fun at the same time! The next time you shop, consider these healthy choices, listed by food group.

## Grains

- Select 100% whole wheat or whole grain breads, pasta and cereals, as well as brown rice
- Choose low-fat snacks like 94% fat free microwave popcorn, pretzels or “baked” chips

## Fruits & Vegetables

- Vary your fruits and vegetables each week
- Eat more orange and dark green vegetables, like carrots, yams, broccoli and spinach
- Try beans – they’re an unmatched source of fiber, protein, vitamins and minerals
- Choose fresh, frozen or canned fruits over juice

## Milk & Dairy

- Go low-fat or fat-free when selecting milk, yogurt and other dairy products
- Try soy milk and other soy ‘dairy’ products if you don’t like or can’t tolerate regular dairy products
- Prepare for your next sweet craving – buy low-fat frozen yogurt treats and/or low-calorie puddings
- Select from a variety of “light” or “part-skin” flavorful cheeses

## Meat, Poultry & Fish

- Loin equals lean! Choose sirloin, tenderloin, or pork loin. Other lean cuts include round, eye of round, and lean ground beef.
- Buy diced, sliced or shredded meat to limit portion sizes
- Choose meat, chicken and fish cuts that are ready for grilling, baking or broiling

## Fats, Sweets & Oils

- Limit your purchase of solid fats like butter, stick margarine, shortening as well as foods that contain these
- Choose beverages low in added sugars
- Look for sources of the healthy omega-3 fatty acids, such as walnuts, salmon and flaxseed products

