

AISLE-BY-AISLE GROCERY STORE GUIDE

BUTTER & MARGARINE

- Look for margarines or spreads that have no hydrogenated fats or those that are created to improve cholesterol levels.
- Try to find soft margarines or spreads in tubs or squeezable bottles with liquid vegetable oils or water as the first ingredient.
- Regular butter and margarine have about 100 calories per tablespoon; spreadable types have about 80 calories; whipped varieties have about 70 calories; light ones have 50-60 calories.
- The terms “hydrogenated” and “partially hydrogenated” indicate the presence of trans fats. These are fats created by processing oil to make it firm enough to be in the form of a stick of margarine.
- Shop for spreads with no more than 2 grams of saturated and trans fat combined per tablespoon of spread.

EGGS

- Eggs are an inexpensive source of protein and many vitamins and minerals.
- Plan for no more than 4 egg yolks per week per person. Each yolk has about 210 mg of cholesterol. Use egg whites or egg substitutes in place of whole eggs when possible, such as with baking.
- Two egg whites can replace one whole egg in many recipes, or two egg whites plus one egg can replace two eggs. These substitutions will reduce cholesterol and fat content.

BREADS

- Choose whole grains - those with the words whole wheat, multigrain, cracked wheat, oat, rye or millet as the first ingredient on the ingredient list.
- If you choose any type of white bread, pick an enriched white bread.
- Look for low-fat varieties with 3 grams of fat or less per serving.
- Giant muffins, bagels, rolls and biscuits can have up to four times the calories and fat as regular-sized ones.
- Most frozen waffles are higher in fat than frozen pancakes. Low-fat versions of these foods are available.

DAIRY PRODUCTS

- Milk is an important food for children because it provides many nutrients vital for growth. Parents should check with a pediatrician or family doctor about whether children should be given whole, 2%, 1% or skim milk. Most adults should drink skim or low-fat milk.
- Calcium from dairy products is better utilized by the body than calcium from supplements because dairy products contain other nutrients that aid absorption of the calcium.
- Look for nonfat or low-fat cottage cheese, fat-free cream cheese, as well as other fat-free and low-fat cheese products containing 3 grams of fat or less per serving.
- Choose low-fat or part-skim ricotta; part-skim mozzarella, goat, string, feta and Parmesan cheese; light cream cheese; and other cheeses containing 5 grams of fat or less per serving.
- Some fruit yogurts are highly sweetened. Add fresh fruit to plain yogurt for flavor and nutrients with fewer calories.
- Replace cream in recipes and coffee with evaporated skim milk, reduced-fat cream or fat-free half-and-half.
- Processed cheeses (such as American cheese) are usually high in calories, fat and sodium.
- Limit your use of regular cream cheese and cheeses with 8 or more grams of fat per ounce.

POULTRY

- White meat (breast meat) has less fat than dark meat (thighs and legs).
- Half of the calories and a lot of the fat in poultry are in the skin. Buy skinless parts or remove some of the skin before eating. Much of the fat in poultry is monounsaturated, and chicken fat has less cholesterol than other animal fats.
- Check the label for fat content when buying ground turkey and chicken—most include the skin, which increases the fat.
- Chicken nuggets, some ground turkey and turkey rolls include poultry skin and are high in fat and sodium.
- Ground poultry meat is very perishable. Use within 2 days of purchase or freeze it.

MEATS

- Look for lean, well-trimmed cuts of beef: flank, sirloin, tenderloin, round, T-bone, porterhouse or cubed steak; round, rib, chuck or rump roast; and ground beef that is at least 90 percent lean.
- Choose lean, well-trimmed cuts of pork: fresh, canned, cured or boiled ham: Canadian bacon; and pork tenderloin, loin chops, and roasts.
- Try to find meats graded Select or Choice.
- Trimming visible fat from meat can cut the fat content considerably.
- It's a good idea to cook meats by broiling, grilling or roasting as these are methods that drain, rather than add, fat.
- Lean beef, pork and lamb contain about the same amount of cholesterol as skinless poultry and slightly more cholesterol than fish.
- Higher-fat meats include pork spareribs, ground pork, most sausages and bacon.
- Meats graded Prime are higher in fat than meats graded Choice or Select.
- Refrigerate or freeze fresh meat immediately. Use refrigerated meat within 5 days of purchase and ground meat within 2 days.

FISH & SEAFOOD

- Fish, shellfish, and mollusks (oysters, clams, scallops and mussels) are low in saturated fat and lower in total fat and calories than many other sources of protein.
- Breading and frying fish raises fat, calorie and sodium levels.
- Keep fresh fish in the coldest part of the refrigerator. Use it within 2 days of purchase or freeze it. Do not refreeze frozen fish that has been thawed already.

DELI PRODUCTS & SAUSAGES

- Choose lean sliced meats, such as lean roast beef, roasted turkey and lean ham.
- Look for fat-free or reduced fat hot dogs and sausages, or sausages made from poultry.
- Try to find processed luncheon meats with less than 3 grams of fat per ounce—these may be labeled fat-free or low-fat.
- Comparing the nutrition facts information on packaged luncheon meats and sausages helps you make healthful choices.
- Most regular sausage products, including hot dogs and cold cuts, are high in sodium and fat.

VEGETABLES: FRESH & FROZEN

- Fresh and plain frozen vegetables allow you to control the amount of added salt and fat in meal preparation.

- Washed, cut raw vegetables are a handy, low-calorie snack and a healthful addition to any meal.
- Vegetables that are deep green or bright orange in color tend to be rich in many nutrients (such as calcium, vitamins A and C, potassium and iron) and contain protective phytochemicals.
- Vitamin A (beta-carotene) is found in dandelion, mustard, turnip, and collard greens, as well as spinach, broccoli, beets, bok choy, carrots, kale, red bell peppers, winter squash, sweet potatoes, Swiss chard, tomatoes and pumpkin.
- Vitamin C is found in green, red, and yellow bell peppers, tomatoes, brussels sprouts, asparagus, broccoli, cabbage, cauliflower, spinach, kale, turnips, potatoes, beets, mustard and collard greens, kohlrabi, snow peas, sugar snap peas, rutabagas and sweet potatoes.
- Folic acid is in asparagus, broccoli, okra, beets, artichokes, green peas, and all green leafy vegetables, such as spinach, brussels sprouts, romaine lettuce and turnip greens.
- Fiber can be found in all vegetables, especially corn, artichokes, lima beans, Chinese cabbage, okra, peas, winter squash, yams, parsnips and plantains.
- Most light-colored vegetables (iceberg lettuce, zucchini, celery and cucumbers) are good low-calorie fillers and munchies but have few nutrients. For example, iceberg lettuce has fewer nutrients than romaine lettuce.
- Fresh herbs and sprouts add flavor, color and nutrients to foods without adding sodium or calories. Use them generously.
- Deep-green leafy vegetables (spinach, kale, and collard and turnip greens) are rich in antioxidant vitamin E.
- Check labels on frozen vegetables with cream or cheese sauces; most are high in sodium and/or fat. However, some creamed, glazed or butter-sauced vegetables have low-fat sauces with only 2 grams of fat per serving.
- Breaded and fried vegetables, as well as those labeled as “crispy” or “crunchy,” often contain high amounts of fat.
- Breathable food-storage bags help to slow spoilage. Refrigerating vegetables in the appropriate refrigerator bin also slows spoilage. As with fresh fruits, wash fresh vegetables just prior to eating them.

FRUITS: FRESH & DRIED

- Fruits offer big flavor with modest amounts of calories. Most contain no fat and very little sodium and provide a variety of protective phytochemicals.
- Whole fruits have more fiber than fruit juices and contain no added sugar.
- Wash fresh fruit just before eating it, rather than washing before storing. Washing before storing promotes spoilage.
- Fruits and vegetables can provide all the vitamin C needed in the diet. Citrus fruits, cantaloupe, papaya, mango, strawberries, kiwi and guava are excellent sources.
- Vitamin A (beta-carotene) is found in apricots, cantaloupe, mandarin oranges, mangoes, nectarines, persimmons, papaya, plantains, peaches, red grapefruit, strawberries and dried plums (prunes).
- Potassium is in avocados, bananas, melons, papayas, dried fruit, mangos, oranges, persimmons, strawberries, cherries, green grapes and dried plums.
- Fiber can be found in all fruits, especially berries, guavas, mangos, pears, plantains, pomegranates, rhubarb and dried fruit.
- Avocados are a high-fat fruit, but the fat is monounsaturated, a heart-healthy type.

FRUITS: CANNED, FROZEN, REFRIGERATED & JUICES

- Look for frozen fruits packed without sugar.
- Choose plastic cups or canned fruits packed in juice, light syrup or light gelatin.
- Select juices and juice blends that are 100 percent juice.
- Frozen peaches and berries are excellent for baking.
- Fruit drinks and punches are mostly sweetened water with small amounts of juice added. Check the label for the percentage of real juice.
- Frozen fruit juice concentrates are often the least expensive form of juice.

VEGETABLES: CANNED VEGETABLES AND SOUPS

- If you are on a restricted-sodium diet, choose “no salt added,” low sodium, or reduced-sodium soups and vegetables, or choose fresh veggies so you can control sodium.
- Cream soups are often high in fat and sodium. Read labels carefully. Look for low-sodium, reduced-fat versions of these foods.

PASTA, RICE AND GRAINS

- Pasta, rice and grain products as good sources of complex carbohydrates. Many are enriched, containing added thiamin, niacin, riboflavin, iron and folic acid.
- Choose whole grain pastas, couscous, polenta, bulgur, buckwheat, barley, oatmeal, oat bran, quinoa, grits, cracked wheat, wild rice and brown rice for added nutrients and fiber.
- Brown rice has nearly 2 grams of fiber per ½ cup serving—about three times the fiber in white rice.
- Quick-cooking grains save time, but these products can be high in sodium. Instant noodle soups in cups or plastic packs contain 750 to 900 mg of sodium per serving. The American Heart Association recommends a limit of 2,400 mg of sodium per day.
- To reduce fat, serve pastas with tomato- and vegetable-based sauces instead of sauces made with lots of butter, cream, cheese or oil.
- Seasoned rice and pasta mixes are usually high in sodium and low in fiber. You can reduce your sodium intake by using only half the seasoning packet and adding fresh herbs. You can boost your fiber intake by adding fresh or frozen vegetables to plain brown rice or whole wheat pasta.

VEGETABLE OILS & COOKING FATS

- Look for olive, canola and peanut oils: all contain primarily monounsaturated fat. Monounsaturated fats help reduce levels of LDL cholesterol in your blood.
- Safflower, sunflower, corn, sesame, cottonseed and soybean oil all contain polyunsaturated fat, which does not significantly raise blood cholesterol levels and may be used in moderation.
- Use all oils and fats in moderation; all are high in calories and fat. Oils have 120 calories and 14 grams of fat per tablespoon.
- Most liquid oils are less saturated, and therefore more heart-healthy, than solid fats.
- Coconut and palm oils, lard, meat fat, and butter are high in saturated fat.
- “Hydrogenated” means that the liquid fat has been processed into a solid, more saturated form (such as shortening or margarine). This form of fat is called “trans fat,” and the processing causes the fat to act like saturated fat, thus raising blood cholesterol levels.

SALAD DRESSINGS & MAYONNAISE

- Fat-free salad dressings = less than 0.5 gram of fat per two-tablespoon serving.
- Low-fat salad dressings = no more than 3 grams of fat per two-tablespoon serving.
- Light (or lite) salad dressings = half the fat of regular dressing.

- Use regular, full-flavored dressings in moderate amounts or use to marinate or baste grilled foods.
- Fat-free does not mean calorie-free. Many fat-free dressings have calories from sugar, starch or thickeners.
- Read the labels and compare. A serving of salad dressing is two tablespoons; a serving of mayonnaise is one tablespoon. To cut fat and calories, use lower-calorie dressings, smaller amounts of regular dressings or regular dressing diluted with fruit juice or tea.
- Spreads that combine mayonnaise with mustard, salsa, pureed red peppers or minced sun-dried tomatoes are tasty and have fewer calories than regular mayonnaise.
- Thick (creamy) salad dressings can be thinned with plain low-fat yogurt, milk, buttermilk, broth, fruit juice or herbal tea to reduce calories per serving.
- Fat-free or low-calorie dressings make great marinades for meat, poultry and vegetables.

CEREAL

- Choose cereals with at least 3 grams of fiber and no more than 3 grams of fat per serving.
- Low-fat, grain-based cereal and fruit bars make a portable, nutritious breakfast or snack.
- Check the sugar level in cereals by looking at the grams of sugar on the nutrition facts panel or reading the ingredient list. If a sugar is the first ingredient, the cereal contains more sugar than grain.
- The amount of sugar in a serving of presweetened cereal is about 8 grams, or one rounded teaspoon of sugar—the same amount or less than many people add from the sugar bowl.
- Wheat bran is only one of many beneficial fibers. Oats, oat bran, corn bran, and fruit and bean fibers offer heart-healthy benefits, while wheat bran promotes bowel regularity.
- A cereal fortified with 25 to 35 percent of many vitamins and minerals helps ensure adequate nutrient intake. A serving of cereal fortified with 100 percent of vitamins and minerals can replace a daily multivitamin pill.
- Fortified cereals usually cost more than non-fortified ones. Many of the vitamins and minerals in fortified cereals are sprayed on and can be washed off when milk is added; therefore, be sure to drink all the milk in the bottom of the bowl.
- Instant hot cereals are higher in sodium, and are usually lower in fiber than regular cooked varieties. Preparing instant cereal with hot milk instead of water boosts the calcium and protein value of the cereal.

CRACKERS & COOKIES

- Look at the nutrition facts panel on the label to compare the calorie, fat, fiber and sugar contents of different brands. Also, check the number of crackers or cookies per serving.
- Choose whole grain crackers and whole grain varieties of rice, oat, or barley cakes, matzos, crisp breads, melba toast, flat breads, wafers, and bagel chips. Reduced-fat, low-fat or fat-free versions of these foods are also available.
- Fat-free does not mean healthful or low-calorie—calorie levels may not be lower than full-fat varieties. Some products take out fat and put in sugar.
- Smaller portions of full-fat crackers and cookies are fine if you prefer the taste over the low-fat or fat-free varieties.
- Many cookies and crackers are made with butter, coconut and palm oils, vegetable shortening or hydrogenated oils—watch for these fats on the ingredient list. If the nutrition facts panel indicated more than a few grams of saturated fats or *trans* fats, consider other options.

PACKAGED SNACK FOODS

- Choose whole grain, low-fat snack chips.
- Look for unsalted or lightly salted pretzels—these are low in fat and salt. Salted pretzels are actually lower in fat and sodium than most other salty snacks.
- Many snack items are high in fat, sodium and/or sugar and have minimal nutritional value. Check labels and select snacks that you enjoy but have modest amounts of fat (or no fat at all). It's especially good to choose varieties low in saturated and *trans* fats.
- Buy candy, pastries, and chips in small, single-serving packages for occasional treats.

JELLIES, FRUIT SPREADS & CONDIMENTS

- Look for preserves, marmalades, jams and spreadable fruits.
- Choose fruit butters, such as apple, apricot and peach.
- Try reduced-sugar jams, jellies and preserves if limiting calories or carbohydrates.
- Mustards, horseradish, salsas, chutneys, marinades, flavored vinegars, basting sauces and other condiments to add lots of flavor without many calories.
- Spreadable fruit is concentrated fruit with fruit juice as the sweetener instead of sugar.
- Contrary to their name, fruit butters contain no fat.
- Fruit spreads and fruit butters on whole grain toast or bagels are a healthful, economical alternative to sweet rolls and doughnuts.
- Try salsas or fruit chutneys on sandwiches to replace mayonnaise or other high-fat spreads.
- Soy, Worcestershire sauce and some Asian sauces that are high in sodium are available in reduced-sodium versions. Relishes, pickled vegetables and capers are high in sodium, but portions are usually small, so these foods are of little concern unless the sodium in your diet must be severely restricted.

FROZEN & PACKAGED ENTREES

- Look for full meals with less than 15 grams of fat, 400 calories and 800 mg of sodium.
- Frozen or boxed combinations of a protein, grain and a sauce, with or without vegetables, can make a quick meal. Fill in the gaps by serving the dish with a salad made of vegetables or fruit.
- Breaded and fried frozen foods are usually high in fat, calories and sodium. Foods labeled crispy or crunchy are usually fried.
- One serving of frozen pizza is about one 5-ounce slice; so, two slices have twice the nutrients stated on the nutrient facts panel. Thin-crust pizzas usually have fewer calories and less fat per serving than deep-dish, stuffed or French-bread pizzas. Pizza generally has 290 to 400 calories per 5-ounce slice.

FROZEN BREAKFASTS

- Eating breakfast is important for children and adults. Children who eat breakfast do better in school, and adults who eat breakfast are less likely to overeat during the day.
- Choose breakfast entrees that have 350 calories or less. Have fruit or juice with them to complete the breakfast meal.
- Sausage, bacon and other breakfast meats usually add lots of calories and fat to a breakfast meal—whether they are freshly cooked or as part of a frozen meal.
- Use only moderate amounts of syrup or try light syrup on pancakes, waffles or French toast.
- Have fruit or juice with breakfast to boost fruit and vegetable intake.

DESSERTS

- Enjoy desserts in small quantities, eating them slowly and savoring them. Have small portions of favorite desserts occasionally.

- Choose desserts with some nutrient-rich ingredients, such as fruit, dried fruit, oatmeal, milk or nuts.
- Look for angel-food cake, sponge cake shells, ladyfingers, gingerbread and other plain or low-fat cakes and baked goods.
- Choose low-fat or light ice cream, ice cream sandwiches and frozen yogurt with no more than 3 grams of fat. Nonfat varieties are also available.
- Frozen fudge bars and pudding pops provide extra calcium for less than 100 calories per serving. Fat-free and no-sugar-added frozen fudge bars have less than 50 calories.
- A serving of five chocolate-dipped cheesecake bites has approximately 470 calories and almost half the fat you need for the day. If you want rich dessert bites, have only one or two with berries or other fruit. All foods can fit in a healthful diet, but only if you control portions.
- Premium ice creams can have up to 26 grams of fat per ½ cup serving. Like gelatins, ice pops are flavored water with added sugar, artificial color and flavor. Frozen fruit bars are a better choice.

BEVERAGES

- Choose skim or 1% low-fat milk and fruit juices—all are nutrient-rich beverages.
- Try club soda, plain seltzers, plain and flavored mineral waters, sugar-free tonic water and sugar-free fruit drink mixes—all have no calories.
- Sweetened sodas, mineral waters and iced tea have 130 to 210 calories per 12-ounce serving, all from sugar—that’s at least 10 teaspoons per glass or can.
- Corn syrup and high-fructose corn syrup are liquid sugars used in beverages and are equal in calories to regular sugar.
- Sports drinks are a good option after strenuous or prolonged exercise to help replace the sodium and potassium lost during perspiration. Fluids lost during mild or short sessions of exercise can be replaced with water.

This list was created for you by:

Julie Marsh, RDN, LD, Clinical Nutrition Manager at Aultman Hospital with AVI Foodsystems, Inc.

