



# Aisle-by-Aisle Grocery Guide

## Bread, Cereal, Pasta, Rice

Look for whole grain as the first ingredient

Choose cereals with at least 3 g of fiber and less than 10 g of sugar per serving

Choose brown or wild rice, which are naturally whole grain



Oats, quinoa, buckwheat, popcorn, & bulgur are also whole grains.

## Canned Goods

Look for canned fruit in its own juice or light syrup.

Look for canned vegetables with no or low sodium.

Try canned tuna or salmon packed in water (light tuna has less mercury than white)

Choose broth-based soups that are lower in sodium



Compare across brands to find the lowest sodium items.

## Meat and Fish

Choose cuts labelled "loin" or "round"

Choose ground beef that is at least 90% lean

Choose white meat instead of dark meat chicken and turkey

Minimize processed meats such as sausages, bacon, and hot dogs

Top fish picks include salmon, albacore tuna, Arctic char, Atlantic Mackerel, rainbow trout, sardines, anchovies, canned light tuna, and canned salmon



Be mindful of meat portions - we don't need as much meat as we think!

## Sauces and Condiments

Prepared sauces offer an easy way to add flavor and pull a meal together

Keep an eye on fat, sodium, and sugar and minimize creamy sauces

Compare similar products, choose the best one, and watch portions



Go global! Shop the international aisle for sauces and condiments.

## Milk, Cheese, Yogurt

Choose yogurt with "live, active cultures," less than 12-15 g of sugar, and at least 7 g of protein per serving.

Nutritionally, plant-based milks offer no advantages over cow's milk.

Cheese sticks make an easy and tasty portable snack.



Don't forget about cottage cheese- it's a great protein source!

## Fresh & Frozen Produce

Red, green, yellow, orange, purple, and white - eat a rainbow and make it a goal to fill 1/2 your plate!.

Try pre-cut fruits and vegetables for convenience.

Frozen veggies are a great alternative to fresh - just keep them as "simple" with minimal seasonings and sauces



Explore the frozen veggie section - you will be amazed!

## Frozen Entrees

Aim for frozen meals that are:

<500 calories

<5 grams of saturated fat

<600 milligrams of sodium

At least 3-5 grams of fiber

No trans-fat



Add some extra vegetables to your frozen meal!

## Organic

Organic doesn't automatically mean healthy.

Concerned about pesticides? Buy in season and consider the Dirty Dozen and Clean Fifteen.

To save money, buy generic and prioritize your purchases.



Clarify why you want to buy organic to help guide your purchases.

## Bulk Bins

Store bulk flours, grains, nuts, and seeds in air-tight containers.

For extended storage on bulk dry goods, don't forget the freezer!

Trying a new recipe with unfamiliar herbs and spices? Bulk bins are a great way to buy just the right amount.



Beware of the candied nuts, trail mix, sesame sticks, and gummy bears.

## "Snacky Foods"

Try to choose snacks with fiber and/or protein to help you feel full.

Veggie chips are a little bit veggie, a whole lotta chip.

Heart-healthy nuts are a great choice - but be mindful of portions... 1 ounce is a good place to stop.



Use snacks strategically to round out your daily nutrient needs.

## Beverages

Water is your best beverage choice.

Choose drinks with 0-20 calories per 8 ounces.

Limit fruit juice. It has as many calories as soda.

When you do choose juice, make sure the label says 100% juice.

Skip sports drinks unless you're a competitive athlete.

Avoid energy drinks.



If you're struggling to hydrate, try infusing water with fruit or tea bags!

## Health Food Section

Picking a bar? Best bet: <200 calories, <5 grams of sugar per 100 calories and at least 3 grams of fiber per serving.

Wondering how they got that sugar so low? Look for sucralose, aspartame, acesulfame potassium, stevia, monk fruit, & sugar alcohols.

Try to get your protein from food first, but if you are buying a powder, pick an unsweetened whey or pea protein.



Beware of the "health halo!"