

Grocery Shopping Guide

The new National Heart, Lung, and Blood Institute Obesity Guidelines say that you can reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen. Read the labels as you shop and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones. So, shop for quick low fat food items and fill your kitchen cupboards with a supply of lower calorie basics like the following:

Low Fat Dairy

- Fat free or low fat milk, yogurt, cheese, and cottage cheese

Whole Grain Carbohydrates

- Whole grain sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low fat flour tortillas
- Low fat, low sodium crackers
- Whole grain cereal, dry or cooked
- Brown rice or whole wheat pasta

Meat/Poultry/Seafood

- White meat chicken or turkey (remove skin)
- Fish and shellfish (not battered)
- Beef: round, sirloin, chuck arm, loin and extra lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas
- Eggs/egg substitutes

Fruits and Vegetables

- Fresh, frozen, canned fruits in water, juice or light syrup
- Fresh, frozen, or no salt added canned vegetables (rinse regular canned vegetables to reduce sodium)

Fats and Oils

- Monounsaturated fats
 - Olive Oil
 - Canola Oil
- Light or diet margarine
- Low fat or nonfat salad dressings

Condiments

- Mustard and catsup
- Low sugar jam or jelly
- Herbs and spices
- Salsa

Beverages

- Water or sugar-free flavored water
- Milk - fat free or low fat
- 100% juice
- Diet soda
- Tea and coffee



Source: Adapted from The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.



do it for yourself . . .