

# Healthy Shopping Tips

2018 Self Regional Healthcare  
Holiday Challenge

**Misty K. Seaborn, MS, FNP-BC**

Nurse Practitioner  
Employee Health & Wellness

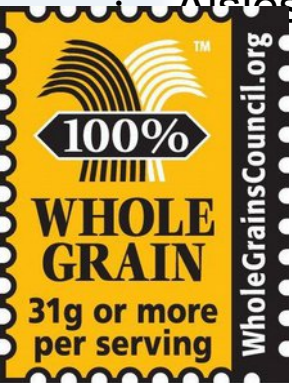
**Mara Schwartz, RN, BSN, CDE, CPT**

Program Coordinator  
Diabetes Education

# Healthy Eating begins with what you buy when you go to the grocery store.

1. Have a plan – Set your menu for the week and make a list of food items needed to cook at home
2. Whole, unprocessed foods should be the base of your meals
  - These items are found on the perimeter of the store
  - Concentrate on food items in these sections
3. Food prep – buy whole vegetables, instead of paying higher prices for chopped vegetables
  - Fresh is always better but if needed buy frozen to save cost
  - Canned vegetables are loaded with salt and have less nutrients, avoid if possible
4. Interior aisles of the grocery store: they contain more processed foods
  - Processed foods have more artificial ingredients, salt and fat
  - Be more selective about foods in these aisles

Aisles with beans, whole grains, canned fish (ex. Tuna fish packed in water) are ok



EAT 48g OR MORE OF WHOLE GRAINS DAILY



# Grocery Stores have a Marketing Plan to keep you in the store longer

1. If you can't find what you need right away, you will spend more time walking through the aisles, pass sale signs, and make more impulse buys

2. The items that people shop most often are furthest away from the entrance to the store

- Example: Milk is often in the far back corner

3. Did you ever wonder why the foods listed on the aisle signs are items that you are not looking for?

- That is to make you walk down more aisles looking for what you need

4. The produce section is usually the first thing you see when you enter a grocery store, but the bakery is right next to the produce section

5. Grocery stores with bakeries plan their baking when customer traffic is the highest to draw you to the bakery with scent of freshly baked goods

- Who hasn't fallen for the scent of freshly made donuts or pastries?

6. Bulk sale items are not necessarily less expensive. They can often be the same or more than a single item

- Is that buy 5 for \$10 really less expensive? Look at the unit price per item



# Fiber

## Replace Refined Grains

twitter.com/HealthNutCorner



White Flour  
• Enriched Flour  
• All Purpose Flour



Whole-Wheat  
• Spelt



White Rice



Brown Rice



Parboiled Rice



Wild Rice



Cream of Wheat



Oats



Degermed  
Cornflour



Whole-Grain  
Cornmeal

• Look for 3 grams of fiber or more per serving

• Look for the whole grain symbol

• Fiber will make you feel full and fuller longer.

• Foods that contain fiber:

- Whole Grains
- Vegetables
- Fresh fruit



# Grocery Shopping Plan

1. Go with a plan and a grocery list
2. Focus when shopping – stick to your list
  - Resist any sales that are not items on you list
3. Don't get distracted by enticing signs and sales
4. Shop the perimeter first to concentrate on fresh and whole food choices
5. Visit the interior aisles only when there is an item on your list and pick those items based on healthy choices
  - Example: pasta, choose whole grain pasta



# Nutritional Labels

## Fat

Items with 5% DV or less per serving are considered low fat

10% DV per serving is considered high fat

This label would be medium fat content (8% per serving)

## Sugar

Naturally occurring sugar is better than added sugar

Added sugar is usually found in foods low in nutrients  
examples: desserts, dairy products (fruit yogurt, pudding), sugar sweetened drinks, candy

Stick to 5 grams of sugar or less per serving. Avoid sugary drinks (sweet tea)

Nutrition Facts			
Serving Size 1 package (272g)			
Servings Per Container 1			
Amount Per Serving			
Calories 300	Calories		
	Value*		
	8%		
	8%		
Trans Fat			
Cholesterol			
Total Carbohydrate 55g			
Dietary Fiber 6g	10%		
Sugars 23g			
Protein 14g			
Vitamin A 80%			
Vitamin C 35%			
Calcium 6%			
Iron 15%			
Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

## Fiber



Choose products with 3 grams of fiber or more per serving

This example would be high fiber, which is fantastic

# Healthy Options to Fill Your Shopping Cart

Pick more non-starchy vegetables, whole grains, lean proteins (chicken, turkey, fish, eggs, beans), low fat dairy products

## NON-STARCHY VEGETABLES

	Artichoke	Chayote	Onions	
	Asparagus	Coleslaw (no dressing)	Pea pods	
	Baby corn	Cucumber	Peppers	
	Bamboo shoots	Daikon	Radishes	
	Beans (green, wax, Italian)	Eggplant	Rutabaga	
	Bean sprouts	Greens (collard, kale, mustard, turnip)	Salad greens	
	Beets	Hearts of palm	Sprouts	
	Broccoli	Jicama	Squash	
	Brussels sprouts	Kohlrabi	Sugar snap peas	
	Cabbage	Leeks	Swiss chard	
	Carrots	Mushrooms	Tomatoes	
	Cauliflower	Okra	Turnips	
	Celery		Water chestnuts	

<b>STARCHY FOODS</b>		<b>STARCHY VEGETABLES</b>
<b>GRAINS</b>		Acorn squash
Brown rice		Butternut squash
Buckwheat		Corn
Buckwheat flour		Green parsnip
Bulgur		Peas
Millet		Plantain
Popcorn		Potatoes
Quinoa		Pumpkin
Sorghum		<b>PROTEINS</b>
Whole farro		Chicken and other poultry
Whole-grain barley		Eggs
Whole-grain corn/corn meal		Fish and other seafood
Whole oats/oatmeal		Nuts
Whole rye		Soy products (tempeh, tofu, etc.)
Whole-wheat flour		<b>DAIRY</b>
Wild rice		Cheese
		Milk or calcium-fortified soy milk
		Yogurt

# Ingredient List

- The Ingredient List shows each ingredient in a food by its **common or usual name in descending order by weight**

- The ingredient with the greatest contribution to the product weight is listed first
- The ingredient contributing the least by weight is listed last
- The ingredient list is usually located near the name of the food's manufacturer and often below the Nutrition Facts Label

- Use this list to find out whether a food or beverage contains ingredients that are sources of nutrients you want to get less of, such as:

- saturated fat (like shortening)
- *trans* fat (like partially hydrogenated oils)
- and added sugars (like syrups)

- And find the sources of nutrients you want to get more of, such as whole grains (like whole oats)

INGREDIENTS: WHOLE WHEAT PASTA (WATER, WHOLE WHEAT FLOUR), COOKED WHITE MEAT CHICKEN (WHITE MEAT CHICKEN, WATER, MODIFIED TAPIOCA STARCH, CHICKEN FLAVOR [DRIED CHICKEN BROTH, CHICKEN POWDER, NATURAL FLAVOR], CARRAGEENAN, WHEY PROTEIN CONCENTRATE, SOYBEAN OIL, CORN SYRUP SOLIDS, SODIUM PHOSPHATE, SALT), WATER, CARROTS, GREEN BEANS, APPLE JUICE CONCENTRATE, DRIED CRANBERRIES (CRANBERRIES, SUGAR, SUNFLOWER OIL), APPLES (APPLES, CITRIC ACID, SALT, WATER), 2% OR LESS OF BUTTER (CREAM, SALT), MODIFIED CORNSTARCH, CHICKEN BROTH, ORANGE JUICE CONCENTRATE, APPLE CIDER VINEGAR, SUGAR, SOYBEAN OIL, SEA SALT, GINGER PUREE (GINGER, WATER, CITRIC ACID), YEAST EXTRACT, SPICES, LEMON JUICE CONCENTRATE, CITRIC ACID.





**Watch your portion size**

# Portion Distortion

What you're served

What's one serving



22-oz. chicken burrito with rice, black beans, lettuce, salsa, cheese and sour cream, with 4 ounces tortilla chips and ¼ cup salsa  
**1,560 calories, 60 grams fat, 3,725 milligrams sodium**

Half the burrito with 1 ounce tortilla chips and ½ cup salsa  
**660 calories, 25 grams fat, 1,870 milligrams sodium**

© 2012 Lee Svitak Dean

**WORDS TO WATCH:**

- Combo
- Jumbo
- Deluxe
- Colossal
- Ultimate
- Supersize
- Tub
- Supreme
- Kingsize
- All-you-can-eat
- Value meal
- Biggie

Learning ZonePress • 1-888-455-7003 • www.learningzonepress.com • 846742003554

# Healthy Shopping Tips

2018 Self Regional Healthcare  
Holiday Challenge

## Resources:

1. How many calories do I need <http://www.choosemyplate.gov>.
2. Food Facts for Consumers  
<https://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077286.htm>
3. USDA My Plate Checklist <https://www.choosemyplate.gov/>
4. Eat This, Not That! <http://www.eatthis.com/> , They also sell a book that is quite helpful.