

Grocery Store Tip List

Here's a quick "Grocery Store Tip List" you can put in your purse or wallet for easy reference while shopping. You'll notice it will take you through the grocery store in a strategic way (the outside aisles!)

- Buy a variety of bright/dark coloured fruits and vegetables.
- Choose yams or sweet potatoes instead of white potatoes.
- Choose leaner cuts of meat and poultry: flank steak, inside round, sirloin, eye of round, extra-lean ground beef, ground chicken or turkey and skinless chicken are all lower-fat choices.
- Buy fish such as salmon, trout, sardines, albacore tuna and herring - high in Omega 3.
- Choose canned tuna that is packed in water not oil.
- If you must eat bacon try back bacon instead.
- When purchasing lunch meat choose oven-roasted chicken/turkey breast or extra lean ham instead of bologna, salamis, etc.
- Buy brown, wild rice or basmati instead of white rice.
- Try kamut or whole wheat pasta instead of white.
- Try quinoa as a substitute to rice (or couscous).
- Choose healthier nuts such as almonds and walnuts.
- Buy high-fibre cereals (2-6 grams or more of fibre/serving). Brand names like Kashi, Natures Path and Bran Flakes are great choices.
- Buy Omega 3 eggs.
- Buy a bottle of flax seed oil (keep in fridge – do not use to cook).
- For a treat try Voortman's Omega 3 Flax cookies.
- Choose Skim, 1% or soy milk.
- Choose juices that are 100% Pure and Not From Concentrate or fortified (Tropicana).
- Buy low-fat or fat-free yogurt with omega-3's and/or probiotics.
- Buy lower fat cheeses – usually says light on the package - 17% MF or less.
- Buy low-fat or fat-free sour cream
- Eat natural peanut butter (keep in fridge) or light peanut butter that is unsalted.
- Choose low-fat frozen yogurt or sorbet instead of ice-cream.
- The best margarines have 6 grams or more of unsaturated fat per 10 gram serving. Bacel, Celeb or Healthy Attitude soft margarines with Omega (olive oil)
- Stay away from pre-packaged meals, packaged snack food, pastries, cookies and crackers that contain trans fat. If it has a shelf life, it has a similar "shelf life" in the body!
- Choose broth based soups not cream based. Watch sodium content. The Healthy Request brand is lower in sodium and higher in potassium.
- Buy whole wheat wraps, pitas, crackers and breads instead white.
- Choose frozen pizza with whole wheat, thin crust with chicken or vegetables instead of pepperoni.

A Few Words on Nutrition Claims

Examples of Nutrition Claims are: **low-fat, lean, light or lite, 50% less salt, fat-free, calorie reduced, low in saturates or trans, source of dietary fibre and lean.** Be careful of some of these claims. Light or “lite” can refer to the taste or texture. Don’t just look at calories, fat or sodium. Salt reduced products are not necessarily low in salt – they’re just lower than the original to which they are compared. Just because something is fat-free does not mean that it’s sugar free. Check the calorie count, sugar content, and the total carbohydrate per serving.

People often ask about the difference between butter and margarine. They are equal in fat content because both contain 100% fat, however, the fat is different. **Butter** contains primarily saturated fats. We want to avoid this type of fat because it tends to raise blood cholesterol levels. While **margarine** may also contain saturated fats, read the label to find out how much. The best margarines have 6 grams or more of unsaturated fat per 10 gram serving. To determine the total unsaturated fat content, add the values of poly and mono fat together. In general, “soft margarines” have less saturated fat than “hard” margarines. This makes them a healthier choice.

If you’re trying to cut back on salt, look under **sodium**. As a general guideline adults should be getting no more than 2300 milligrams of sodium daily. Less is better particularly if you’re on sodium restriction for high-blood pressure. So think twice about that canned soup that contains 1200 milligrams of sodium per cup!

Ingredients are listed by weight from most to least. Leave items with salt, sugar (fructose, sucrose, maltose, dextrose, etc) and the word hydrogenated, at the beginning of the list, on the shelf.

Look for **Heart Healthy** ingredients such as whole wheat or rye; oatmeal; high-fibre wheat or oat bran, vegetables, fruit or legumes such as beans or split peas.

Tips for Getting Your 8 Glasses of Water Daily

Sometimes drinking our eight glasses of water a day can be a real challenge Here are some tips to help you accomplish that feat! It is said by many beauty experts that drinking your water is the cheapest, quickest way to look better! That should motivate us!

Make a bet with a co-worker to see who can drink more water in the course of a day.

Have a big glass of water at every transitional point of the day: when you first get up, just before leaving the house, when you sit down to work, etc.

When you have juice (apple, grape, or orange) fill half the glass with water.

When you have a junk-food craving, down a glass of water immediately. You feel full quickly and avoid the calories, and it lets time pass till the craving fades.

Substitute a cup of hot water with a drop of honey for tea or coffee.

Freeze little bits of peeled lemons, limes, and oranges and use them in place of ice cubes - it's refreshing and helps get in a serving or two of fruit.

After each trip to the restroom, guzzle an eight-ounce glass to replenish your system.

Don't allow yourself a diet soda until you've had two to four glasses of water. You will find that you won't want the soda anymore or that just half a can is enough.

Drink two full glasses at each meal, one before and one after. Also, drink one glass before each snack so you don't over eat.

Carry a small refillable water bottle at all times and drink during downtime; while waiting in a bank line, sitting on the train, etc.

Drink two glasses of water immediately after waking up.

Bring a two-liter bottle of water to work and try to drink it all before you leave work. If you don't finish, drink it in traffic on the way home - it's like a race.

Always keep a bottle of water handy while watching TV, doing laundry, making dinner, etc.

Add drinking two glasses of water to your daily skincare regimen. Drink, cleanse, moisturize, etc., then drink again.

Reference: Donald S. Robertson, M.D., M. Sc.