

PLAN:

Grocery Store Tip Sheet

- Buy lots of bright coloured fruits and vegetables. Dark greens, bright oranges, etc.
- Choose yam/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.
- 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 (basmati) instead of white rice. Try kumut or whole wheat pasta instead of white.
- Try quinoa as a substitute to rice.
- Choose healthier nuts such as almonds and walnuts.
- Buy high-fibre cereals (2-6 grams of fibre/serving).
- Buy Omega 3 eggs.
- Buy a bottle of flax seed oil (keep in fridge – do not use to cook).
- Choose Skim or 1% milk or soy milk.
- Choose juices that are 100% Pure and Not From Concentrate.
- Buy yogurt with less than 2% milk fat (MF).
- Buy lower fat cheeses - 20 % MF or less.
- Buy sour cream – 7% MF or less.
- Eat natural peanut butter (keep in fridge) or light peanut butter.
- 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.
- Stay away from pre-packaged meals, packaged snack food, pastries and 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.
- 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.

Other Tips:

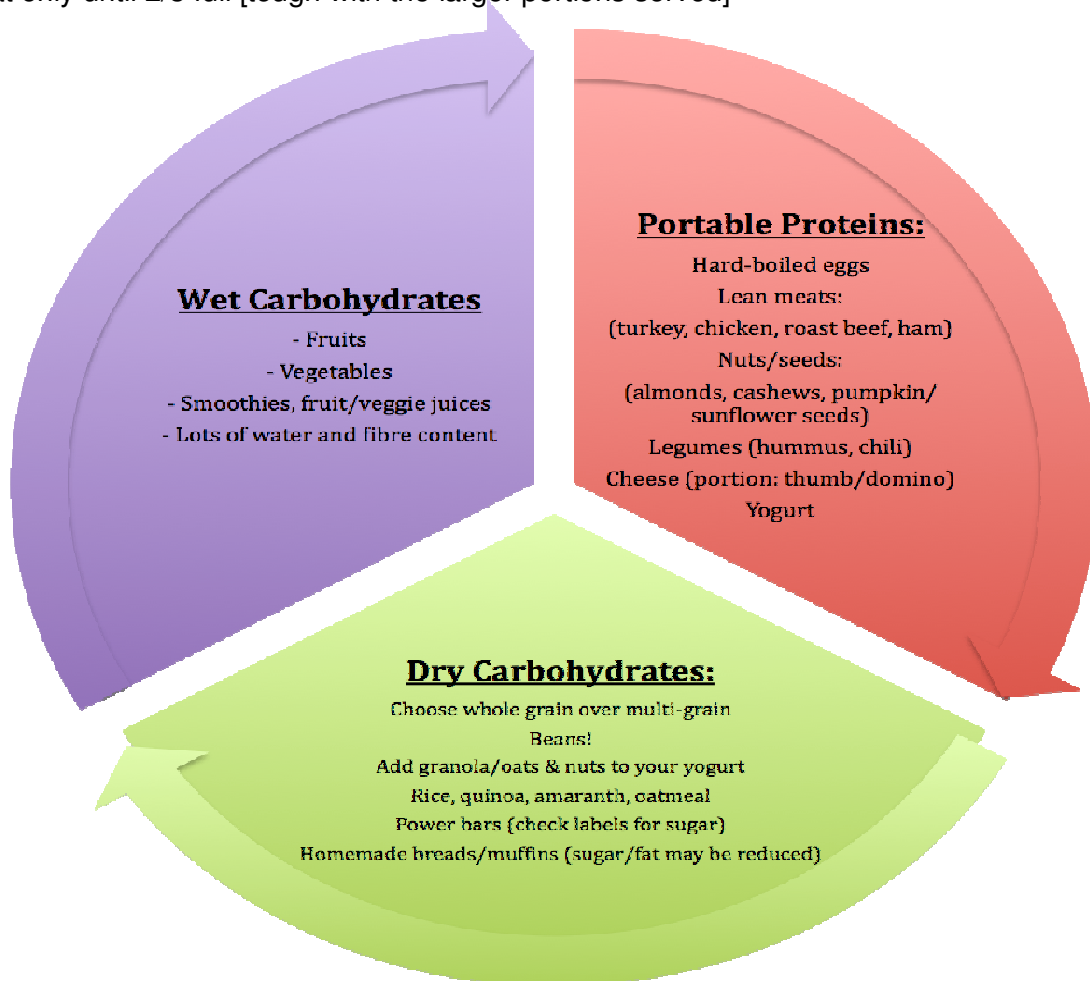
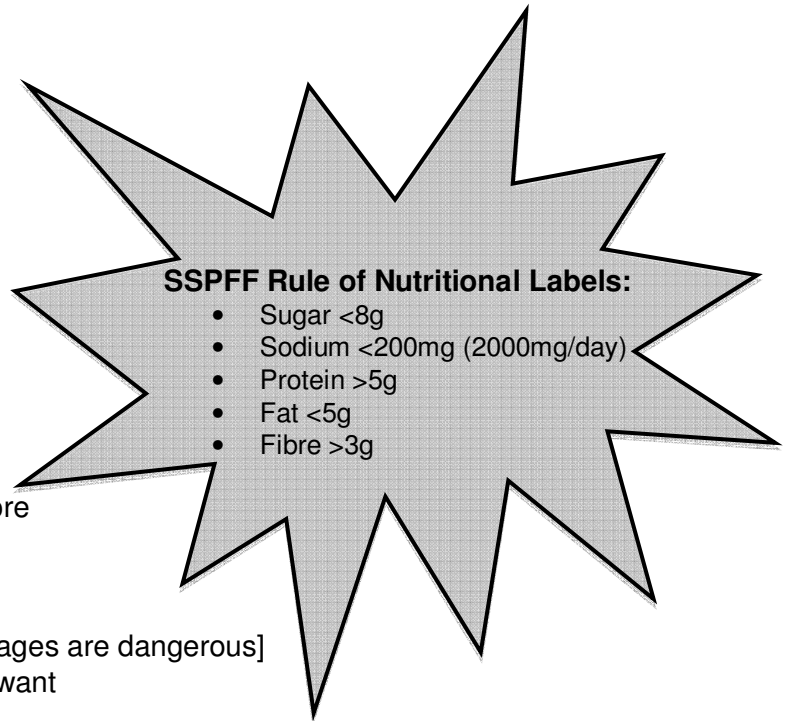
- Same budget, same order
- Perimeter shop
- Shop for travel days, late nights at the office, kids' events
- Family events and meal calendar – plan ahead

Preparation:

- Grocery shop – prepare a list
- Air-tight containers (avoid spillage)
- Cooling packs
- Lunch bag [one that you love to use!]
- Water bottle

Eating Out Tips:

- Be mindful of portions (take some home)
 - Ask for half to be wrapped up before you are served.
- Skip the appetizer (or make it a salad, vinaigrette on side)
- Order water for a beverage [caloric beverages are dangerous]
- Don't be afraid to special order what you want
- Baked, grilled, fresh (avoid fried)
- Eat only until 2/3 full [tough with the larger portions served]





- It is possible to substitute a salad for bread
- Choose lean meats such as turkey or chicken, or veggie sub option
- Load it up with colourful veggies!
- Low fat dressings or mustard instead (dressing in moderation)
- Opt for the 6" sub – you'll be happy you did!



- \$1.89 menu [cost effective]
- Nutritional choices [potato, salads, chilli]
- Protein – grilled chicken, chilli [good choices]
- Chilli – made in-store
- Salad dressing – watch suggested serving sizes [check label...nutritional values are only listed for the suggest serving NOT the whole package]
- Grilled chicken Caesar with balsamic dressing
- Choose water instead of fountain pop (aim for 2L/8 glasses a day!)



- Soups are very high in sodium
- Wraps and sandwiches – choose whole wheat, easy on mayo and/or dressings
- Cream and sugar in moderation in coffee/tea
- Have one Tim bit instead of a whole doughnut if you need a sugar fix [Tim Bit = 60 cals!]
- Eat a half a muffin, save the rest for later, no butter
- Opt for green tea

WHAT IS ONE STRATEGY YOU ARE GOING TO TRY FROM THE PRESENTATION?