

# 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 lots of brightly 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 or wild rice instead of white rice. Try kumut 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 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 try soy, almond or rice 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.

