

Save Time and Money at the Grocery Store



Plan a Grocery List

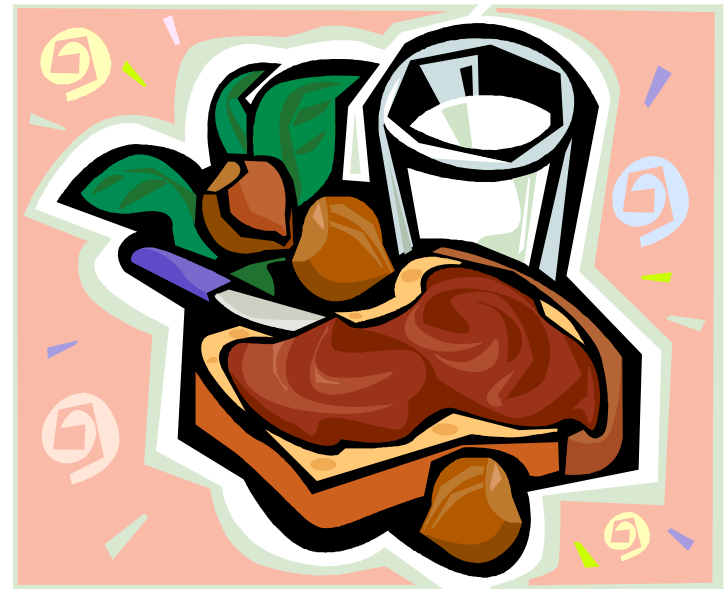


- Making a list helps you recall items you need and also saves you time.
- Organize your list according to the layout of the grocery store.
 - For example: produce, dairy, deli, etc.
- Keep a list in your kitchen of items you need to replace when you run out of them.



Get the Staples

- Bread (100% Whole-Wheat)
- Eggs
- Sugar (Try using Splenda!)
- Cheese (Reduced-fat)
- Milk (Skim)
- Condiments
- Spices
- Cooking Oil (Olive Oil)
- Pasta (Whole-Wheat)
- Vegetables & Fruits
- Meat (Lean Sources – Turkey, Chicken, Pork)



Tips On Saving Money

- Clip coupons for items you regularly use.
- Try not to shop when you're hungry.
- Check grocery store specials in newspaper ads.
- Buy fresh produce in season.
 - Price may be lower and produce more flavorful.
- Store brands and generic brands may cost less than national brands.



Tips on Saving Money



- Stock up on canned and non-perishable items when they are on sale.
- Consider the cost of convenience.
 - Prepared, pre-sliced, and pre-cooked items usually cost more but depending on your schedule they may be worth it.
- Remain flexible as you shop.
 - If you see a better bargain, adjust your menu.



Reading Nutrition Labels

Serving size is food's recommended serving amount

- ✓ weight measurement (i.e. one cup)
- ✓ number of pieces of food

Example: if a bag of chips has 4 servings and you eat half of the bag you have eaten 2 servings



Calories & Calories from Fat

Calories on a nutrition label indicate the number of calories per serving

✓ eating too many calories promotes weight gain

Calories from fat are the calories coming only from fat

✓ a good rule of thumb is to eat foods with less than 30% of calories from fat



Total Fat and Saturated Fat

Total fat is the fat per serving in grams and in % daily value

Saturated Fat is fat from animal and dairy products and tropical oils

- ✓ diets high in sat. fats is a risk for heart disease
- ✓ Stick to foods with less than 2 grams sat. fats



Trans fats

Trans fat were incorporated in the food labels in 2006

- ✓ it is a chemically altered oil to increase shelf life and flavor
- ✓ diets high in trans fat are at risk for heart disease
- ✓ “partially hydrogenated oil” indicates trans fat and should be avoided



Cholesterol and Sodium

Cholesterol is form of fat measured in milligrams

- ✓ too much cholesterol is a risk for heart disease
- ✓ It is found in organ meats, dairy products, shrimp, and egg yolks
- ✓ Choose foods with 5% or less sat. fats and cholesterol

Sodium helps to regulate blood pressure and fluid balance in the diet (i.e. salt)

- ✓ high sodium is related to high blood pressure
- ✓ RDA is 2400 milligrams a day or about one teaspoon



Total Carbohydrate

Carbohydrates are found in starches, vegetables, fruit, sweets, and milk.

- ✓ Measured in grams

Dietary Fiber is the amount of indigestible bulk from plant foods such as vegetables, whole grains, fruits, and nuts.

- ✓ High fiber foods (>5g) are beneficial for weight control, diabetes, high cholesterol, and cancer.

Sugars include natural and artificial sources.

- ✓ There are no daily reference values for sugars because no recommendations have been made for the total amount to eat in a day.



Protein

Protein is the amount of total protein in a food measured in grams.

- ✓ If a claim is made for protein, such as “high in protein”, then a %DV must also be listed.
- ✓ Protein consists of amino acids found in meat, poultry, fish, dairy, eggs, nuts, beans, grain, and some vegetables.
- ✓ Protein needs for an individual are based on height, weight, age, and physical activity level.



Vitamins & Minerals

- ✓ These include micronutrients such as iron, calcium, Vitamin A, and Vitamin C.
- ✓ The goal should be to consume 100% daily value of these nutrients.

Percent Daily Values on the top half of the label are based on a 2,000 calorie diet

- ✓ 5% or less is considered low while 20% is considered high.



Percent Daily Value & Ingredient List

The **Percent Daily Value** listed at the bottom of the label is the amount of each nutrient listed in the above portion needed daily in a 2000 or 2500 calorie diet.

The **Ingredient List** lists items in descending order by weight.

✓ It also includes spices, artificial coloring, and flavoring.



Pre-prepping/Cooking Basic Meals and Snacks



Plan Ahead...

- The key to eating healthy is to plan ahead and be prepared!
- Having nutritious pre-prepped snacks and/or meals makes it easier to eat healthy when you're already hungry or need to eat on the run.



Some snacks ideas you can take with you on the run...

- Bagels
- Raw veggies
- Rice cakes
- Low fat cheese sticks
- Pretzels
- Granola bars
- Yogurt
- Trail Mix
- Dried/fresh fruit
- Low-fat cookies
- Cereal
- Juice Box



Some wiser choices for the vending machines...

- Rice Krispie Treats
- Cheese Crackers
- Graham Crackers
- Zoo Crackers
- Peanut Butter Crackers
- Pretzels
- Juices
- Milk
- Dried Fruits



Some quick and easy meal ideas for a busy lifestyle...

- Tuna Melt: melt cheese over tomato and tuna on bread in microwave.
- Bean Taco: warm some canned refried beans in the microwave; dice some tomatoes, lettuce, and cheese up; and add all the ingredients to a shell.
- Pizza Bagel: spread tomato sauce over a bagel and melt cheese over sauce in the microwave.
- Spaghetti: Cook noodles, drain, and add sauce.



Some helpful tips..

- When looking for nutritious ingredients, look for words like:
 - Whole wheat/whole grain
 - Low fat/fat free
- Make sure to watch portion sizes, and know what a serving size is.
- Making more food than you need for a meal can leave you with leftovers for the next day.

