



Grocery Guide: Shopping Smart

Before you go:

Review the stores weekly ad and check out what's on sale

Create a menu for the week, including snacks

Write out your grocery list based on the layout of your store

Eat a small snack beforehand, to help stick to what's on your list

Produce

Daily Recommendation: 5 cups of fruits & vegetables

Shop the rainbow - different colors mean different nutrients

Purchase pre-cut produce and salad mixtures for convenience

Even if you only like a few vegetables, stock up on the ones you like

Buy only what you need for a few days to reduce waste and cost

Use overripe produce in soups or smoothies

Deli/Bakery

- Pick up a rotisserie chicken and use the leftovers for enchiladas, chicken salad, etc.
- Try a healthier deli salad like kale salad or broccoli crunch as a side dish
- Opt for whole grain bakery rolls and buns
- Grab freshly made guacamole, salsa or hummus for a healthier spread or dip

Meat/Seafood

Daily Recommendation: 5 1/2 to 6 1/2 ounces of protein

Meat

- Serving size is roughly 3 oz. of cooked meat, or the size of a deck of cards
- Meat contains B vitamins, which help with energy production
- Choose leaner cuts of meat like loins or rounds
- Choose ground meat that is at least 90% lean
- Drain the fat and rinse to reduce fat content
- Refrigerate and skim off any fat at the top

Seafood

- Serving size is roughly 3 oz. of cooked fish, or the size of a checkbook
- Fatty fish like tuna and salmon contain healthy omega 3 fatty acids
- Non-fatty fish like cod and tilapia are lean protein sources with a lower fat content

Dairy/Eggs

Daily Recommendation: 3 cups of dairy products

- One cup of dairy is equal to 1 cup of milk or yogurt, 1.5 oz of natural cheese, or 2 oz. of processed cheese
- Eggs are the least expensive source of high quality protein
- Milk is another affordable source
- Dairy products are the primary source of calcium and vitamin D in the US and promote healthy bones and teeth
- Choose lower fat options
- Try plain Greek yogurt, which contains 2x the protein compared to regular yogurt - sweeten it with fresh fruit, cinnamon or granola

Frozen Food

Daily Recommendation: 5 cups of fruits & vegetables

- Fruits and veggies are picked at their peak and flash frozen, which helps preserve nutrients and prolong shelf life
- Great alternative to fresh options, but check the label for added sodium and sauces
- Stock up on frozen fruits for smoothies and frozen veggies for quick and easy side dishes
- Frozen fish is quick to thaw and a great last minute dinner
- Choose frozen meals between 400-500 calories and less than 600mg of sodium

Snacks

Daily recommendation: 5 1/2 to 6 1/2 ounces of protein

- Choose snacks that contain protein and fiber to help fill you up
- Nuts & seeds are good sources of fiber, protein and unsaturated fats, but check the sodium content
- Read the label, watch the serving size, and limit Trans and saturated fat
- Choose crackers, chips and pretzels made with whole grain - the first ingredient listed should be a whole grain
- Try creating your own trail mix with unsalted nuts, dried fruit and a small handful of chocolate chips

Breads

Daily Recommendation: 6-8 ounces of grains

- Make half of your daily intake whole grains
- Whole grains contain fiber, B vitamins, iron, antioxidants and magnesium
- Select items with a whole grain listed first: wheat, oat, barley, rye, etc.
- Choose options with at least 3g of fiber per serving
- Look for the whole grain stamp to help easily identify good options
- Use whole grain pita bread for pizza crust, flatbreads or homemade garlic bread
- Use whole grain tortillas for sandwich wraps or breakfast burritos

Pasta/Rice

Daily Recommendation: 6-8 ounces of grains

- Make half of your grains whole, such as wheat pasta, quinoa, brown rice, etc.
- Select items that have a whole grain listed first
- Rice is budget friendly at just 10 cents per serving
- Prepare extra portions of rice or pasta to use as sides or in dishes throughout the week up to 5 days in the refrigerator

Cereal

Daily Recommendation: 6-8 ounces of grains

- Check labels for total and added sugars
- Good options should have low sugar and high fiber
- Choose options with 3g of fiber or more per serving
- Try overnight oats for an easy grab and go breakfast

Canned Goods

Daily Recommendation: 5 cups of fruits & vegetables

- Try to choose options labeled low sodium or no salt added
- Pick options that are packed in water or 100% juice instead of syrup
- In a pinch, simply rinse and drain canned veggies and beans to reduce sodium
- Canned beans can be a convenient and budget friendly source of protein
- Try canned fruit on oatmeal, salads or in smoothies
- Add canned veggies or beans to soups and stews

Fats, Oils & Spices:

- Herbs and spices add flavor without adding sodium, sugar or fat
- Tropical oils, like coconut and palm are high in saturated fats and should be used sparingly
- Choose oils such as olive or canola, which contain healthy monounsaturated and omega 3 fats
- Limit salt intake and try using no-salt seasonings or create your own blend
- Drizzle extra virgin olive oil on your bread, pasta or vegetables instead of butter
- Create your own sauces and marinades using oils, fresh citrus juices and variety of herbs and spices

Contact your onsite Health Coach for more information:

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