

Best Food Forward: Plan Shop Cook Enjoy!



Healthy eating starts at the supermarket. A grocery shopping strategy can save you time and money. It can also make healthy eating a little easier. Once you've got your plan, stick to it and enjoy!

Plan. Before you head to the store, think about what meals you'll be making, scan flyers for specials, check your kitchen's inventory and make a grocery list.

Shop. Read food labels and compare products to choose nutrient-rich foods in every aisle of the store. Fill your cart with vegetables, fruit, whole grains, milk products, lean fresh meat and meat alternatives such as legumes. Skip processed foods that are filled with fat, sugar or salt and low in nutrients.

Cook. Prepare more meals from scratch with good-for-you ingredients. Healthy eating doesn't have to be complicated; nutritious convenience foods, such as frozen fruit, ready-to-go salads and pre-chopped vegetables, offer simple shortcuts.



Put more fresh foods in your cart.

Next time you're shopping, take a look at your grocery cart. How many processed, packaged food items and ready-to-go meals are there? Over 75% of the sodium in our diets comes from processed foods such as deli meats, pizza, cheese, sauces and soups.

- Buy more fresh foods that are naturally low in sodium, such as vegetables, fruits, whole grains, milk products, dried legumes (beans, peas, lentils) and unseasoned meats, fish and poultry. Back at home, cook from scratch.
- Compare food labels. Buy the products with the lowest amounts of sodium.
- Use the % Daily Value (% DV) on the label. Here's a useful guide: 5% DV or less is a little sodium; 15% DV or more is a lot.
- Pick up sodium-free seasonings such as herbs and spices, fresh garlic or ginger, lemons or limes, onions or balsamic vinegar.



Eating less sodium can help you stay healthy and feel your best.



Five Fresh Foods for Your Fridge

Put your fridge through basic training! Fresh, simple foods start off meals in the right direction.

- **Milk, yogurt and cheese.** With up to 16 essential nutrients, milk products make a super snack or a smart addition to cooking and baking. Choose lower-fat milk products.
- **Fresh vegetables and fruit.** They're filled with fibre, vitamins and minerals for good health. Keep colourful cut veggies and fruit ready for grab-and-go snacks.
- **Eggs.** A very versatile source of protein! Cook up a quick frittata, burrito or omelette for breakfast, lunch or dinner.
- **Hummus or bean dips,** such as black bean or white bean. Legumes are loaded with protein and fibre, and they make tasty dips for veggies.
- **Natural nut butters.** For a superb nutty taste, choose natural nut butters, such as peanut or almond, with no added sugar or salt.



Bonus items! A big, juicy squeeze of lemon or lime, or a small splash of lower-sodium varieties of condiments such as salsa, pesto or soy sauce, can make healthy meals pop with flavour.

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