

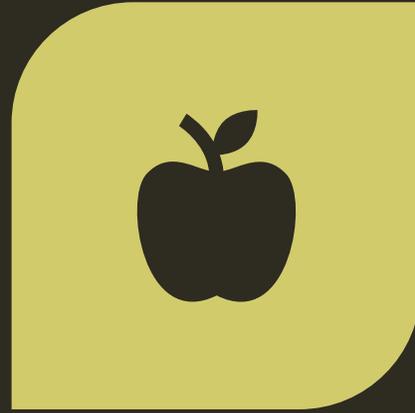


GROCERY STORE TOUR

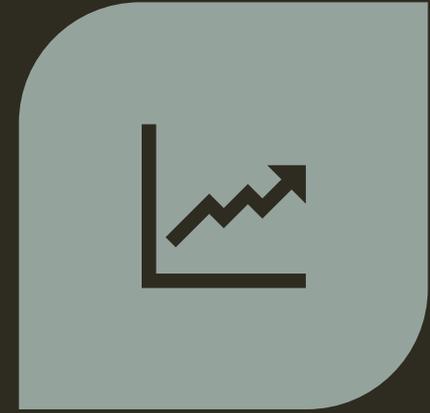
With Renee Greene, RD, LDN
Wellness Dietitian at Catawba Valley Medical Center



READ FOOD LABELS



SELECT HEALTHY FOODS



STICK TO A BUDGET

MAKING HEALTHY SELECTIONS AT THE GROCERY STORE



BEST TIME TO SHOP

Avoid busiest times

- Saturday from 10-2
- Sunday from 5-7
- Weeknights after work

Don't shop too hungry

Don't shop too full

KEY TO SUCCESS: MEAL PLAN TO SAVE TIME AND MONEY!



Assess pantry



Make a list



Buy in season



Shop sales



MEAL PLANNING

Decide how often to eat out

Have at least two simple meals on hand

Use leftovers

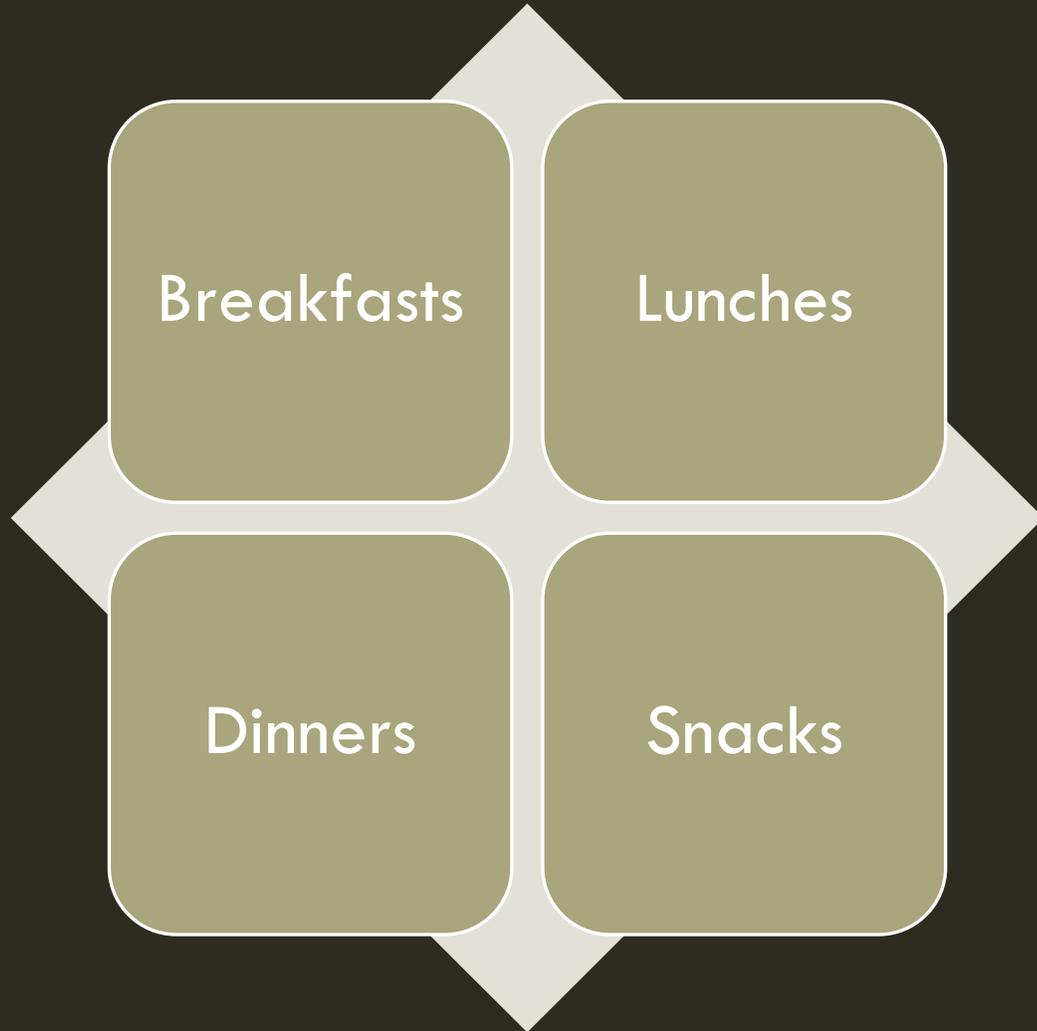
Get help or delegate

Meal prep or cook once for multiple meals

MEAL PLANNING

Include food from all the food groups:

- Whole grains- brown rice, whole grain pasta, whole grain cereals, corn
- Lean Proteins- chicken, fish, beans, lentils, pork, beef, nuts, eggs
- Vegetables- deep rich colors, seasonal veggies, frozen
- Fruits- fresh, dried, frozen
- Low fat dairy- milk, yogurt, cheese
- Healthy fats- plant based, oils, nuts, seeds, avocado
- Beverages- naturally unsweet



MEAL PLANNING

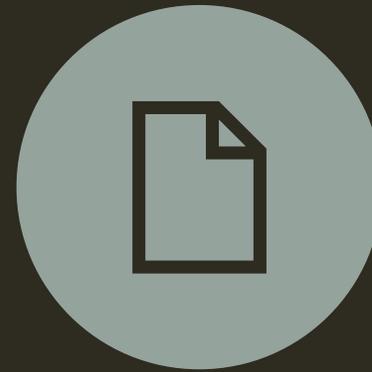
MAKE A LIST



PHONE



APP



PAPER



NAVIGATING THE STORE

Shop the Perimeter

- Produce
- Meats and seafood
- Dairy
- Eggs
- Juices
- Butter and margarine
- Cheeses
- Deli and Bakery
- Frozen

LABEL READING

Aim high for fiber, vitamins, and minerals

Limit fat, sodium, and added sugars

Read ingredients

Sample label for
Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

⑤ **Footnote**

⑥ **Quick Guide to % DV**

● **5% or less is Low**

● **20% or more is High**



**THE BEST FOODS DON'T HAVE
LABELS!**

Look for heart smart check
Or Guiding Stars (at Food Lion)



PRODUCE

Select in season and on sale

Colorful variety

Pre-cut for convenience

Organic might be worth it

Aim for at least 5 cups fruits and vegetables daily per person

PRODUCE

Apples, oranges, pears, berries, bananas, kiwi, tomatoes, pineapple, melons, grapes, mangos

Peppers, onions, leafy greens, cucumber, carrots, garlic, avocados, squash, potatoes, mushrooms, beans, broccoli, cauliflower, fresh herbs





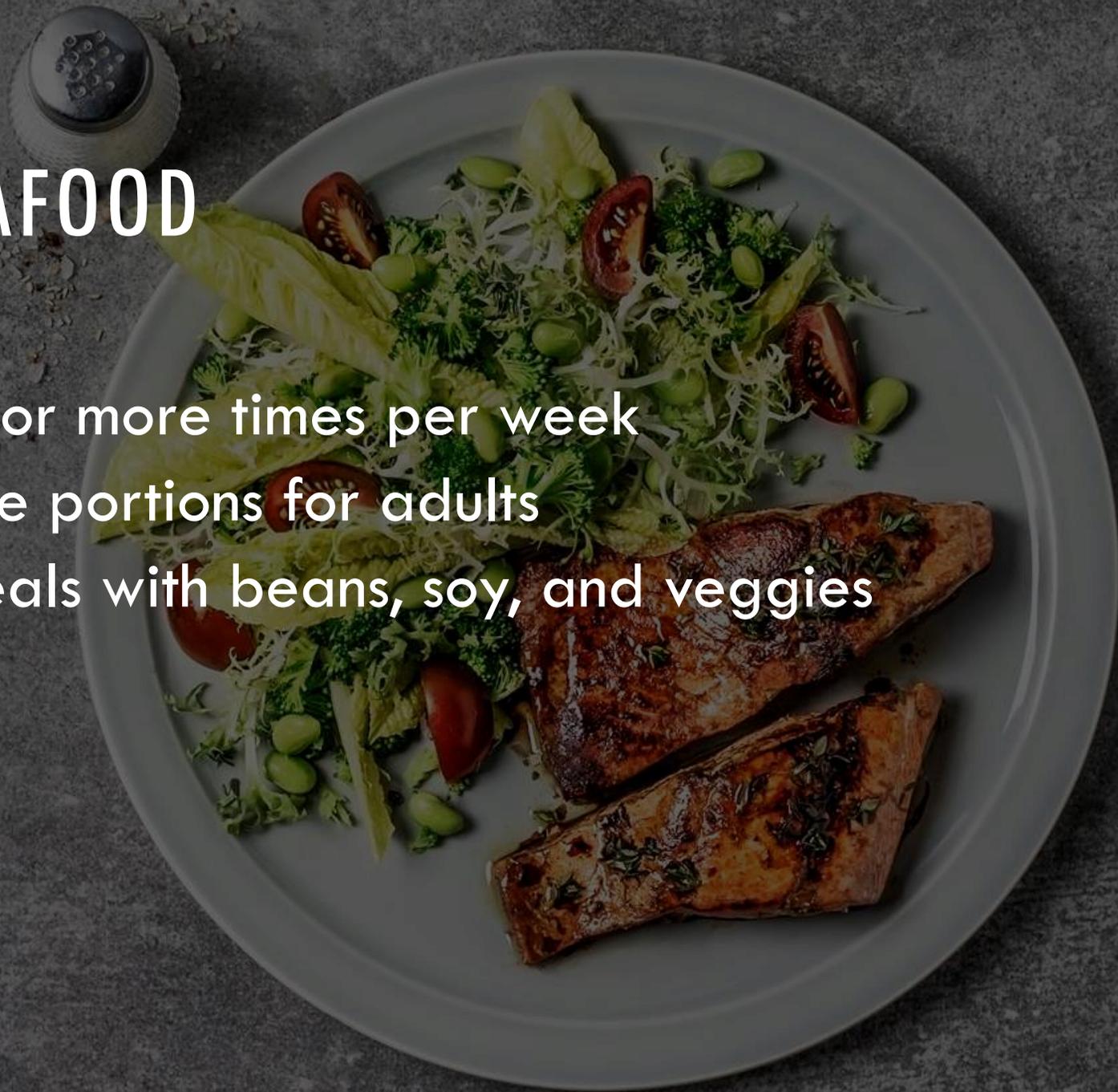
MEATS AND SEAFOOD

Choose lean options

- Fish, chicken, and turkey are naturally leaner
- For beef and pork, select “loin”; cut off visible fat
- Choose >90% lean ground meats
- Select grade is leanest; prime has the most fat marbling
- FYI- crockpots are great for less expensive, but tougher cuts of meat

MEATS AND SEAFOOD

- Plan for fish two or more times per week
- Choose 3-4 ounce portions for adults
- Plan meatless meals with beans, soy, and veggies





Choose lower fat options

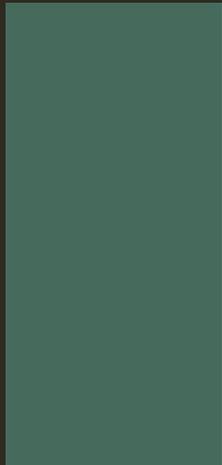
- Skim and 1% are low-fat
- Milk is a great source of calcium, protein, and vitamins and minerals
- Alternatives are unsweetened almond milk, soy, oat milk, and lactose-free
- Yogurt is a source of probiotics, calcium, and protein
- (look for less than 5 grams added sugar)
- Aim for 2 or more servings per day

DAIRY



EGGS

- Great source of protein, iron, fat, and other vitamins and minerals
- Limit to 4 yolks per week with heart disease or high cholesterol
- Limit to 7 yolks per week without heart disease or high cholesterol
- Pasture-raised are more humane
- Look for brands that contain higher Omega-3 fatty acids and lower saturated fat



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- Select 100% juices
- Skip the “lighter” versions
- Concentrated, Not from Concentrate, or Fresh Squeezed?
- Limit to 4 – 6 ounces per day

JUICES

BUTTER AND MARGARINE

Use sparingly

Look for less saturated fats

Choose brands with fewer ingredients

Avoid trans fats or hydrogenated oils





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CHEESES

- Source of protein, calcium, and fats (saturated fat)
- Eat smaller portions
- Buy blocks and shred at home
- Select lower fat versions

DELI AND BAKERY

Turkey and chicken are leaner deli meats

Look for natural, fewer ingredients

Avoid deli foods if have weakened immune system

Choose whole grain breads

Limit portions of sweets or reserve for special occasions

Make your own baked goods



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FROZEN

- ❖ Stock up on frozen fruits and veggies
- ❖ Beware of sodium and fat content of frozen meals
- ❖ Frozen yogurt is a good option instead of ice cream
- ❖ Whole grain breads
- ❖ Frozen unbreaded meats



NAVIGATING THE GROCERY STORE

The Internal Isles

- Canned
- Dry
- Cereals
- Breads and Grains
- Baking
- Condiments
- Snacks
- Drinks



CANNED

Low sodium or no added salt vegetables and beans

Light syrup, water, or 100% juice for fruits

Pasta sauce

Low sodium broths and soups

Canned chicken, tuna, salmon

Natural nut butters with few ingredients and less sugar



DRY

- ❖ Dried beans, peas, and lentils are rich in whole grains and protein
- ❖ Whole grain pastas
- ❖ Whole grain rice
- ❖ Barley, quinoa, millet, farro, cous cous

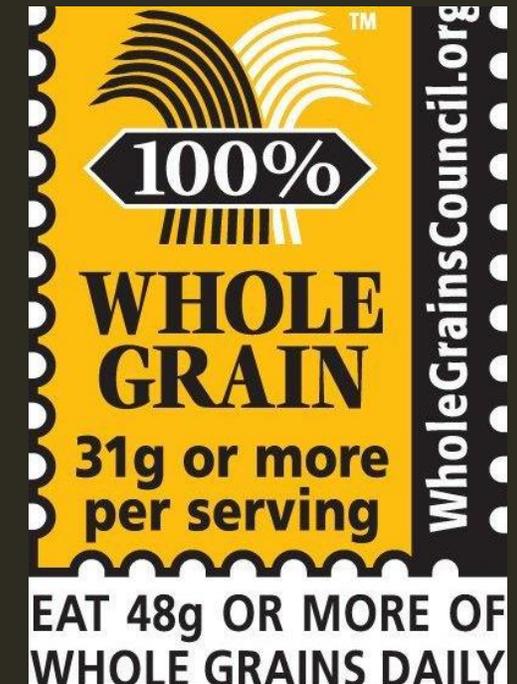


- Whole grain cereals with at least 4 grams of fiber; less than 10 grams of sugar
- Oatmeal or grits
- Granola bars with less than 10 grams of added sugar

CEREAL

BREAD

- Whole grain bread
- Whole grain bagels and English muffins
- Whole grain buns
- Whole grain pitas, wraps, and tortillas





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BAKING SUPPLIES

- Flours, sugars, and seasonings
- Unsweetened cocoa
- Oils, cooking spray
- Yeast, baking powder, and baking soda
- Vanilla
- Chocolate chips
- Ground flax, chia, and other seeds
- Pancake and waffle mixes



CONDIMENTS

- Ketchup, mustard, BBQ sauce
- Hot sauces
- Vinegars
- Mayo, sour cream, non-fat Greek yogurt
- Lemons, limes
- Salad dressings
- Pickles
- Hummus, salsa, guacamole



- Whole grain crackers
- Natural popcorn
- Baked chips, tortilla chips
- Hummus, salsa, and guacamole
- Nuts, dried fruit, and dark chocolate
- Graham crackers
- Fresh fruits and veggies
- Yogurt with granola

SNACKS

DRINKS

- Water
- Sparkling water, naturally unsweet
- 100% juices
- Coffee
- Teas, unsweet
- Wine, Beer
- Low-fat milk
- Sodas sparingly or naturally unsweet



WAYS TO SAVE

Food Dollars



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- Look at price per unit
- Buy store brands

COMPARE



Buy in bulk or larger sizes,
except perishable foods



Make your own snacks,
meals, and drinks



Make fewer trips to the
store



Smaller sized fruits and
vegetables may be less
expensive

STOCK UP ON SALES

BE SMART

Use rewards cards for additional savings

Avoid convenience stores

Try farmer's markets; plant a garden; can or freeze in the summer

Avoid highly processed, low nutrient foods

Shop without children

Use free pick-up services

Ignore the checkout display

Try not to buy non-food items, like personal items

Beware of food label claims

BE SAFE

- Check best buy dates
- Examine the fresh foods before you buy
- Avoid dented cans or boxes
- Check expiration dates at home
- Use perishable foods quickly
- When in doubt, throw out leftovers
- Store and thaw foods properly
- Do not cross-contaminate foods
- Wash hands before after handling foods

COOK MORE AT HOME

Save money and your health by making nutritious foods at home

Make simple, wholesome meals

Use websites like Eating Well for recipes

Make extra and freeze, or use leftovers for other meals

Stock up on convenience health foods

- Fresh, frozen, or canned fruits and vegetables
- Bagged salads
- Fresh or frozen meats
- Beans and rice
- Nuts, peanut butter
- Oatmeal, whole grain cereal, and breads

THANK YOU

Questions?





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CATAWBA VALLEY HEALTH
SYSTEM**

The Health First Center
2022