

Instructions: This is a shopping list and nutrition tips that can be used as a guide to help with food shopping. Your health care provider can help you develop a personal shopping list to meet your specific needs.

Shopping Guide

Produce Aisle

Fresh Fruit

- | | | |
|--------------|----------------|-------|
| * apples | * peaches | _____ |
| * bananas | * pears | _____ |
| * berries | * strawberries | _____ |
| * cantaloupe | | _____ |
| * oranges | | _____ |

Fresh Vegetables

- | | | |
|------------|----------------|-------|
| * broccoli | * green pepper | _____ |
| * cabbage | * kohlrabi | _____ |
| * carrots | * lettuce | _____ |
| * celery | * mushrooms | _____ |
| * corn | * squash | _____ |
| * cucumber | * tomatoes | _____ |
| * okra | | _____ |
| * onions | | _____ |
| * potatoes | | _____ |

Frozen Food Aisle

- | | | |
|----------------------------|-----------|-------|
| * vegetables, plain | * chicken | _____ |
| * entrees, low-fat or lean | | _____ |
| * fruits | | _____ |
| * fish | | _____ |

Dairy Aisle

- | | | |
|----------------------------|--|-------|
| * fat-free (skim) milk | * yogurt (plain, artificially sweetened) | _____ |
| * cheese (reduced-fat) | * egg substitute | _____ |
| * cottage cheese (low-fat) | | _____ |
| * margarine | | _____ |
| * eggs | | _____ |

Bakery Aisle

- | | | |
|----------------------------|-------------------------------|-------|
| * whole wheat tortillas | * whole wheat English muffins | _____ |
| * naan | | _____ |
| * whole wheat pita pockets | | _____ |
| * whole wheat bread | | _____ |



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SHOPPING GUIDE *continued*

Starch Aisle

(Look for whole grain versions of these items for more fiber)

- * flour
- * plain dry cereals
- * plain cooked cereals (oatmeal, grits, etc)
- * pasta
- * rice _____
- * dried beans _____
- * dried peas _____

Meat Aisle

- * chicken, no skin
- * turkey, no skin
- * round or sirloin steak
- * center loin pork chop
- * fish
- * ground round or sirloin _____
- * tofu _____
- * flank steak _____
- * 97% fat-free lunch meat, hot dogs, or sausage _____
- * pork tenderloin
- * lean lamb chops
- * pork loin roast
- * beef round roast
- * leg of lamb

Canned Goods Aisle

- * tuna canned in water
- * bouillon
- * low-sodium vegetables
- * fruit
- * tomato sauce and paste
- * broth or tomato-based soups
- * peanut butter _____
- * dried soups _____
- * evaporated skim milk _____
- * no-fat or low-fat cream soups _____
- * beans (kidney, pinto, northern, garbanzo, black, black-eyed peas)
- * salmon
- * tomatoes
- * low-sodium vegetable juice _____



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SHOPPING GUIDE *continued*

Special Products

- * artificial sweeteners
- * artificially sweetened jelly/jam
- * artificially sweetened pudding
- * artificially sweetened Jell-O
- * artificially sweetened syrup
- * salt-free seasonings
- * diet soft drinks

Miscellaneous

- * spices and herbs
- * catsup
- * mustard
- * spices and herbs
- * vinegar
- * lemon juice
- * olive oil
- * canola oil
- * nonstick cooking spray
- * mayonnaise (lite or no-fat)
- * salad dressing (lite or no-fat)

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Money-Saving Shopping Tips

1. Shop only with a list.
2. Shop only once or twice a week. You'll spend more if you go more often.
3. Buy only items you really need, unless something you use often is on sale. If something you use often is on sale and can be stored, consider buying enough for a few weeks.
4. Check grocery ads for sale items and the Sunday newspaper inserts for coupons.
5. Compare discounted items with similar products at the regular price to see if you really are saving.
6. To avoid temptation, don't go shopping hungry.
7. Check unit pricing (the price per ounce or pound, usually listed on the shelf below the item). This helps you compare sizes and brands, to decide which is the least expensive.
8. Look for store brands or generic brands—they are often cheaper than national brands.
9. Prepared foods cost more than the plain ingredients from which they are made.
10. Plain cereal costs less per ounce than sugar-coated cereal.
11. Fat-free (skim) milk is less expensive than reduced-fat (2%) or whole milk.
12. Buy only the amount you will use. An item that costs less per serving will not save money if it spoils.
13. Whole, unwashed produce usually costs less than washed and cut up items.
14. Buying salad makings at a salad bar might be less expensive than buying all of the items separately (e.g., a one packet of lite-dressing instead of a whole bottle) – Especially for one or two people.
15. Consider that soups, stews, and casseroles can stretch a little meat to serve more people.
16. Limit use of pickles, relishes, and olives. They are high in cost but low in nutrients.
17. Limit use of chips, cookies, and other snack foods. They are high in calories and cost, but low in nutrients.



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Nutrient Claims

Nutrients per Serving	Free	Low	Reduced/Less	Light (Lite)
Calories	Less than 5 calories	40 calories or less	At least 25% fewer calories	At least 1/3 fewer calories
Fat	Less than 0.5 g fat	3 g or less fat	At least 25% less fat	At least 50% less fat
Saturated Fat	Less than 0.5 g saturated fat	1 gm or less saturated fat and no more than 15% of calories from saturated fat	At least 25% less saturated fat	Not used
Cholesterol	Less than 2 mg cholesterol and 2 g or less saturated fat	20 mg or less cholesterol and 2 g or less saturated fat	At least 25% less cholesterol and 2 g or less saturated fat	Not used
Sodium	Less than 5 mg Sodium	140 mg or less sodium	At least 25% less sodium	At least 50% less sodium
Sugar	Less than 1.2 g sugars	Not a legal claim	At least 25% less sugar	Not used

Adapted from *Label Facts for Healthful Eating*. National Food Processors Association, Washington, DC, 1993.