



# SHOPPING SMART



## SMART SHOPPING

- ⇒ Try not to shop more than once a week - the more exposure, the more you buy.
- ⇒ Use a list!
- ⇒ Don't go shopping when you are hungry or tired.
- ⇒ Limit the amount of snack foods and desserts you buy - it is easier to leave them in the store than control them at home.
- ⇒ Avoid tempting aisles - mainly shop the perimeter of the store.



## STANDARD FOODS TO ALWAYS HAVE AVAILABLE

Milk (skim or 1%)

Bread (whole grain)

Eggs

Low-fat cheese

Peanut butter

Fresh fruit

Apples, oranges, grapes, grapefruit, plums, peaches, melons, bananas, Fruits in season

Canned light fruit

Whole grain cereal (not sugary)



Fresh vegetables

Lettuce, carrots, salad mix, broccoli, cauliflower, tomatoes, veggies in season

Frozen vegetables

Potatoes

Lean meats - chicken, beef, pork

Canned tuna or salmon

Fat-free canned beans

Herbs and spices

Rice, pasta



## COOKING TIPS

- ⇒ If you cook large amounts, serve only the amount needed for your family and put the leftovers away before the meal.
- ⇒ Have at least one quick meal prepared in advance in the freezer that you can pull out and heat up at a moment's notice.
- ⇒ Cook extra on weekends so it is available on busier days.
- ⇒ Roast a turkey breast and fix extra side dishes. Freeze leftovers for a quick meal.
- ⇒ When fixing a meal, cook extra meat (such as chicken breast); cut in cubes; freeze in zip-bags to be used for stir-fry dishes, salads, or soups.
- ⇒ Use healthy convenience foods - bag salads, frozen vegetables, individual portions of chicken or fish, salad bar vegetables or fruits, rotisserie chicken, steamed fish.
- ⇒ Bake an oven meal of lean meat, potatoes, and vegetables; add a side salad.
- ⇒ Fix a crock pot meal on a busy day.
- ⇒ Leave butter and cream out of mashed potatoes; eliminate most added fat.



# SHOPPING LIST

## Dairy Products

- Skim milk or 1% milk
- Yogurt (70-100 calories)
- Reduced-fat sour cream
- Reduced-fat cream cheese
- Low-fat or reduced-fat cheese; mozzarella cheese
- Low-fat cottage cheese



## Cereals, Grains, and Pastas

- Rice (preferably brown rice)
- Noodles, spaghetti, macaroni (preferably whole wheat)
- Dry cereal (non-sugary)
- Oatmeal

## Fruits and Vegetables

- Fresh fruits  
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- Canned or frozen fruits (unsweetened, light)
- Fresh vegetables  
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- Frozen or canned vegetables



## Meat, Fish, and Poultry

- Extra lean ground beef or turkey
- Chicken or turkey
- Beef (round, loin, stew meat)
- Pork (tenderloin, lean ham)
- Fish, shellfish, (no breading)
- Water-packed tuna, salmon, or chicken
- Eggs/egg substitutes
- Low-fat lunch meat or deli meat



## Fats, Oils, Salad Dressings, and Condiments

- Light margarine spread
- Buttery spray
- Light or fat-free mayonnaise
- Light or fat-free salad dressings
- Lemon juice
- Mustard
- Plain, herb-flavored, or wine vinegar
- Nonstick cooking spray (Pam)
- Olive oil

## Bread

- Whole grain bread
- Pita bread
- English muffins
- Corn tortillas
- Low-fat flour tortillas
- Whole wheat crackers

## Miscellaneous

- Salsa
- Canned broth-based soups
- Canned beans, lentils, or split peas
- Spices, herbs
- Popcorn
- Peanut butter
- Spaghetti sauce
- Soy meat substitutes
- Frozen entrees
- Other \_\_\_\_\_