

# GUIDE TO THE GROCERY STORE

Supermarkets can be overwhelming, especially when we're flooded with misinformation about foods. This guide highlights a few of the Registered Dietitian's favorite picks from the grocery store.

## AISLES & HELPFUL ITEMS

### PRODUCE



Everything that's fresh! Start with the most colorful items, like blueberries, tomatoes, and dark leafy greens. **Short on food preparation time?** You will find plenty of pre-sliced fresh fruits and vegetables for your convenience. Go easy on the dried stuff! READ the Concentrated Sources of Calories.

### DAIRY



- Greek yogurt.
- Part-skim or reduced fat cheese: ricotta, cottage, mozzarella, feta, goat, Parmesan, cheddar, Swiss, and blue.
- Eggs! Yes, technically they are not dairy, but they are usually right alongside the dairy products.
- Plain milk and unsweetened non-dairy alternatives.

### MEAT



- Lean (at least 85%, preferably 93%) ground beef, pork, chicken, turkey, or bison.
- Skinless chicken and turkey breast.
- Pork tenderloin and loin chops.
- Lean, well-trimmed cuts of beef: sirloin, top round, eye of round, bottom round.
- Lean, uncured, low sodium ham.
- Canadian bacon.
- Chicken and turkey sausages without preservatives.

### DELI



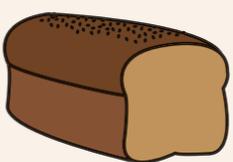
- Reduced fat sliced cheese (not American).
- Low sodium turkey, ham, and roast beef.
- Vegetables marinated without salt.
- \*Skip the heavily processed meats (salami, bologna, and hot dogs, e.g.) and prepared foods, unless plain, like grilled chicken.

### SEAFOOD



- Wild-caught fillet fish (e.g. salmon, mackerel, cod, mahi mahi, snapper, flounder).
  - Canned sardines or light tuna.
  - Shrimp, scallops, and jumbo lump crabmeat.
- \*Skip the premade breaded varieties and the seafood cakes and salads.

### BREAD



Most 100% whole grain breads are great options. Be sure to check the ingredients. Try sprouted whole grain bread for something different.

### BEVERAGES



- Water, plain or flavored (without sugar or artificial sweetener).
- Club soda, seltzer, or sparkling water (without sugar or artificial sweetener).
- Unsweetened teas and coffees.
- 100% fruit juice (no added sweetener).

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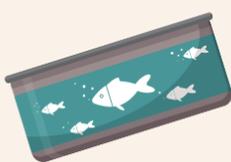
## AISLES & HELPFUL ITEMS

### BAKING



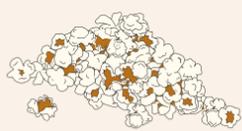
- Whole wheat, oat, buckwheat, millet, almond, chickpea, soy, and coconut flour.
- Olive and canola oil.
- Maple syrup, honey, coconut sugar, monk fruit, dates, and stevia.
- Any type of vinegar.
- All herbs and spices (choose blends without added sodium).

### INTERNATIONAL



- Canned beans, lentils, and chickpeas without added salt.
- 100% whole grain pasta.
- Canned tomatoes and tomato-based sauces without added sugar or salt.
- Salsa and chimichurri sauce.
- Low sodium broth.
- Canned or jarred chipotle peppers and any other vegetables without added salt or sugar.
- Quinoa and kasha.
- Brown, red, black, and wild rice.
- Canned and jarred fish without added salt or sugar.

### SNACKS



- Nuts, nut butters, and seeds without added salt or sugar.
- Popcorn (low salt, no butter).
- Healthified chips, crisps, & puffs.
- Rice cakes/crisps.
- Raisins, other no-sugar-added dried fruit.
- Nutrition bars

### CONDIMENTS



- No sugar added sauces.
- Brown and dijon mustards.
- Vinaigrette and yogurt-based salad dressings.
- Olive, canola, and avocado oils
- Vinegar
- Reduced-sodium soy sauce.

### CANNED FOODS



- No salt added vegetables.
- No sugar added fruits and fruit purees.
- Low sodium, broth-based soups.

### FROZEN FOODS



- Fruits and vegetables.
- Veggie burgers.
- Chicken and turkey breasts.
- Wild-caught fish.
- Whole grain waffles.
- Greek yogurt bars.
- Ice creams with protein and/or fiber.
- Frozen fruit pops/bars.

### CEREAL



Most 100% whole grain cereals with fewer than 5 grams of sugar per serving are nutritious. Pick cereals with the most fiber.