



BE NOURISHED

Shopping List

Tips & Tricks to Choose More Wholesome and Nutrition-Rich Foods

Choose real food over food products.

There are many food-like products found in the boxes and cans on the supermarket shelves. Search for foods that are made from wholesome ingredients and not from food-like substitutes.

Tip! Read ingredient list for ingredients you recognize

Trick! Use the Center for Science in the Public Interest's free app or web site to find more information on ingredients in foods and any safety concerns. <http://www.cspinet.org/>

Be wary of added sugar.

Always read the ingredients list first. If you do not see words that indicate there are added sugars, then the sugar amount listed on the Nutrition Facts panel, is natural sugar. Natural sugars are found in whole foods, such as fructose in fruit or lactose in milk. Our body can typically handle these sugars (if you don't eat over-sized portions) since they are accompanied by fiber and/or protein to slow down how quickly the sugar enters our bodies. Added sugars are added to foods during processing and these are associated with many negative health outcomes. Limit these as much as possible. WHO (World Health Organization) recommends 5 to 10 teaspoons max per day (4g = 1tsp).

Tip! Check the ingredient list first. The ingredients will be listed here in descending order by weight. Therefore, when added sugars are either the first few you see or they are throughout the list, you likely have a product with high amounts of added sugar versus natural sugar.

Trick! Find a list of the many names for sugars here:

<http://www.choosemyplate.gov/weight-management-calories/calories/added-sugars.html>

Tip! Don't let food manufacturers decide how much sugar you will eat. Buy the unflavored, unsweetened, plain versions of foods (yogurt, peanut butter, etc.) and add the sweetness yourself using natural sweeteners such as fruit, table sugar or other sugar of your choice.

Tip! Items that include low- or reduced-calorie sweeteners (such as sugar alcohols, i.e., mannitol, sorbitol) may still contain high amounts of carbohydrate, calories and fat. Sugar alcohols can also have a laxative effect or other gastric symptoms for some, therefore, choosing a regular version of a food and cutting back on the serving or using a natural sweetener (such as honey, molasses, or agave) in LIMITED quantity is a better option.

Shop for all FIVE Food Groups.

A nutrition-rich diet includes all five food groups: protein, grains, fruits, vegetables, and dairy. The food groups work together to give our bodies all the nutrition – protein, carbohydrates, healthy fats, vitamins, minerals, and phytochemicals (plant compounds) - it needs to perform at its best.

Trick! If you do not eat foods from any of the food groups, meet with your CareHere dietitian to find ways to add the nutrition found in those foods back into your diet.

Tip! Meal plan before you shop! Plan your meals to have at least 3 food groups and 3-5 different colors. Plan your snacks to have at least 2 of the food groups.

Tip! Before you leave the store, review the foods in your cart for all five food groups. Ensure that half of your grains are whole grains.



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Protein

Lean Meats

- ☐ Skinless chicken or turkey breast
- ☐ Fish or shrimp
- ☐ 93% lean ground meat
- ☐ Game meats
- ☐ Beef/Pork LOIN or ROUND

Vegetarian Proteins

- ☐ Nut butter (no added sugar)
- ☐ Egg whites
- ☐ Beans (dried or canned: no seasonings, low-sodium)
- ☐ Nuts and seeds (no salt, flavorings)
- ☐ Tofu

- Choose plant proteins and fish more often

Vegetables and Fruit

- ☐ Fresh fruits and vegetables
- ☐ Frozen fruits and vegetables (no sauce or seasonings)
- ☐ Canned fruits and vegetables (low-sodium, low-sugar, rinse before using)
- ☐ Increase intake of non-starchy vegetables (i.e. broccoli, cauliflower, zucchini, asparagus, green beans, tomatoes, carrots, peppers, onions, etc.)

- Buy in season to save money
- The longer the fruit or vegetable is off the mother plant, the less nutritious it is – sometimes frozen is more nutrition-rich
- Try a new fruit and vegetable once a month
- Buy different colors of fruits and vegetables to get different nutrition benefits

Grains

Whole Grains

- ☐ 100% Whole grain bread, tortillas, or pitas
- ☐ Whole wheat pasta
- ☐ Whole grain crackers
- ☐ Whole grain cereal
- ☐ Barley
- ☐ Whole wheat flour or nut/bean flours

Gluten Free Grains

- ☐ Brown rice or wild rice
- ☐ Oatmeal
- ☐ Ancient Grains: Quinoa, Millet, Freekah
- ☐ Nut or bean flours, cornmeal
- ☐ Popcorn (air-popped)

- Look for “whole” as first ingredients listed
- Look for > 3 grams of fiber and < 3 grams sugar
- Note that gluten free products are only recommended for those with a disease or condition that warrants the use of these products. Talk with your RD to determine if it is right for you.

Dairy

- ☐ Milk
- ☐ Yogurt
- ☐ Cheese and cottage cheese
- ☐ Butter
- ☐ Lactose-free dairy alternatives
- ☐ Almond, soy, or rice milks (unsweetened)
- ☐ Lactaid products (milk, cottage cheese)
- ☐ Calcium & Vitamin D fortified orange juice (not dairy but fills nutrition needs, limit to 1/2 cup a day)

- Consider limited volume of full fat products and work with your Registered Dietitian to determine what is best for you
- Keep an eye on the sodium in dairy foods

Extras

- ☐ Mustard, ketchup, mayonnaise
- ☐ Herbs and spices
- ☐ Vinegars, any flavor (in place of salad dressing)
- ☐ Oils (olive for cold dishes, canola for cooking, flavored oils as specialty on occasion)
- ☐ Coffee or tea
- ☐ Wine or beer, in moderation
- ☐ Choose natural sweeteners, such as fresh fruit.
- ☐ Use moderation with table sugar, honey, maple syrup, molasses, or agave.

- Choose low-sodium, natural sugars, and healthy fats