

# Shop for Healthy Groceries



-Marcus, Carlos & Super Baby Abigail



## Pledge #5:

This month, I WILL:

- ✓ Complete one of the two activities in this month's toolkit, \_\_\_\_\_ and \_\_\_\_\_, with my children.
- ✓ Help my children prepare this month's recipe, **Funny Face Pizzas**.
  - ✓ Shop with my children at the grocery store. Teach them one new fact about healthy grocery shopping on each visit.
  - ✓ Buy and try one new fruit or vegetable every week.
  - ✓ Choose one low-fat dairy product to try with my kids.

**Healthy eating starts with healthy grocery shopping! All it takes is some planning and knowing how to choose health-promoting foods.**

**Your fifth *Healthy Kids Today – Prevent Cancer Tomorrow* toolkit gives you practical tips and info for buying cancer-fighting foods for your family!**

### 1. Plan ahead for success.

It's best to plan your meals for the week first, then create your shopping list. This will help ensure you purchase healthy whole foods and guarantee that you have everything on hand you need to create cancer-fighting meals throughout your busy week. It will also help you better manage your budget and avoid impulse buying.

### 2. Never go shopping when you're hungry.

Make sure you're not shopping when you're famished, or you'll end up over-spending and giving in to sweets, chips or other non-nutritious foods that can impact your health and increase your cancer risk. Aside from the empty calories found in these foods, the extra items can quickly add up. So, before you head to the store, eat a healthy meal or snack at home. It's a simple trick, but your body and your wallet will thank you!

### 3. Shop the outer aisles of the market.

Minimize time spent in the middle of the supermarket. If you visualized your favorite grocery store or local market, chances are that the fresh fruits, vegetables, meat, seafood and dairy foods are located around the perimeter of the store. Coincidence? Definitely not!

These foods require constant refrigeration because they are fresh and highly perishable. That's why you should concentrate most of your shopping here; you'll find foods lower in fat, sodium, preservatives, coloring and artificial shelf-stabilizers than the ready-to-eat foods in the middle aisles.

Of course, there are always exceptions to the rule! Some nutrition all-stars can be found in the middle aisles, including:

- Canned and dried beans
- Nuts and seeds (and their butters)
- Oatmeal
- Quinoa, a high-protein whole grain
- Wild and brown rice
- Whole-grain flours
- Spices
- Canned tuna and salmon
- Frozen fruit and frozen vegetables without added ingredients



Pick up a few select "all stars" at the market whenever you go! Just be sure to glance at the nutrition facts label and peek at the ingredient list (see below) to make sure you really are getting a healthy product.

### 4. Read the ingredient list or label.

Always read the ingredient list and food labels so you know what you are getting.

- Be sure to check **servings size** and **servings per container**. A product may seem to contain reasonable calories but they might be calculated for very small serving sizes.
- Look for the 100% whole-grain stamp on breads (see page 4).
- When buying bread, make sure the first ingredient is "whole wheat" or "whole grain."
- When buying breakfast cereal, check the ingredients list and look for whole-wheat or whole-grain products. Avoid cereals that have added artificial colors and flavors. Choose a breakfast cereal that has no more than 5 grams of sugar and aim for cereals that contain at least 3 grams of fiber per serving.
- If a food contains more than 5 ingredients, think hard about whether you need it.
- Avoid foods filled with artificial ingredients like food colors or preservatives.
- All plant foods – vegetables, fruits, whole grains and beans – provide cancer-fighting benefits, whether they're grown conventionally or organically. If you decide to buy organic, look for the "certified organic" seal, which means it meets federal standards for organic foods. The word "natural" on a package is a meaningless marketing term.

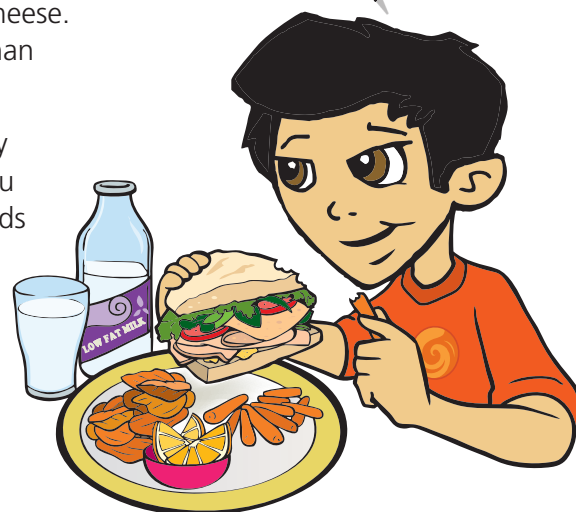
## 6. Choose low-fat dairy products instead of regular.


Dairy products are an important source of calcium and vitamin D, which support strong bones and healthy growth, especially for kids. Choosing low-fat dairy products provides all the same vitamin and mineral benefits and also reduces the extra calories from fat. Don't forget — 65% of U.S. adults suffer from overweight or obesity, which can lead to cancer, heart disease, type 2 diabetes and other diseases.

- Every time you drink a glass of low-fat milk instead of regular, you cut 50 calories and 5.5 grams of fat from your diet. Fifty calories may not seem like a lot, but calories can add up fast!
- Try to choose low-fat milk and yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses.
- Cheeses are also high in saturated fats. When you do buy cheese, look for reduced-fat or low-fat on the label. If you try a particular brand and you don't like it, try other brands until you find your favorite product.
- Flavored dairy products like chocolate milk or regular flavored yogurts often contain a lot of added sugar. Instead, make milk shakes with frozen fruit and milk or add your favorite fresh fruits to plain non-fat yogurt!

**“I drink low-fat milk in place of 2% or whole, to keep my heart healthy and strong!”**

– Andy



Milk Comparison (1 cup serving)		Calories	Total Fat	Saturated Fat
	<b>Whole milk</b>	150	8g	4.5g
	<b>Reduced fat milk (2% milk)</b>	120	5g	3g
	<b>Low-Fat milk (1% milk)</b>	100	2.5g	1.5g
	<b>Fat-Free milk (skim milk)</b>	85	0	0

## 7. Buy whole grains.

Whole wheat is one kind of whole grain. So, anything labeled “whole wheat” is considered a whole grain. But there are many other kinds of delicious whole grains.

Whole grains contain the entire grain kernel — the bran, the endosperm and the germ — so they retain more fiber, B vitamins and iron than do refined grains.

Whole grains like whole wheat, brown rice, wild rice, quinoa, millet, barley and bulgur are a better choice because they are digested more slowly and raise blood sugar levels more slowly. But refined “white” grains have been linked to both weight gain and increased risk of insulin resistance. So substituting whole grains for refined grains may be helpful for lowering your risk for type 2 diabetes.

## 8. Stock up on frozen and canned produce.

Studies show that canned produce has only slightly less nutritional value than fresh produce. Many vegetables and fruits are now “flash frozen,” so they retain the same amount or more of cancer-fighting compounds as their fresh versions. Just make sure frozen or canned produce does not contain added fat or sugar and that canned vegetables and beans are reduced-sodium or no-salt-added versions. You can look for glass jars or boxed “canned” food over tin cans if you are trying to limit exposure to the chemical lining of the can.

## 9. Choose leaner cuts of beef.

Cuts that include words “round” (such as top round or bottom round) or “loin” (such as sirloin, tenderloin and top loin) are lean cuts. Flank steak is also lean.

Trim off solid visible fat before cooking. When you do choose meat, make it the accent of the meal and incorporate beans into meat dishes. Refer to the **New American Plate** for a balanced meal example.

**The best way to know what you’re getting when you purchase a grain product is to review the label.**

**Look for:**

- A statement that says it is made with 100% whole grains.
- The Whole Grains Council’s Whole Grain Stamp that appears on many whole-grain products.



**Take a look at Toolkit #2 for more information on whole grains — including a Kid Power Recipe for Whole-Grain Fruit Bars and Super Crew Whole-Grain Tracker Activity!**

