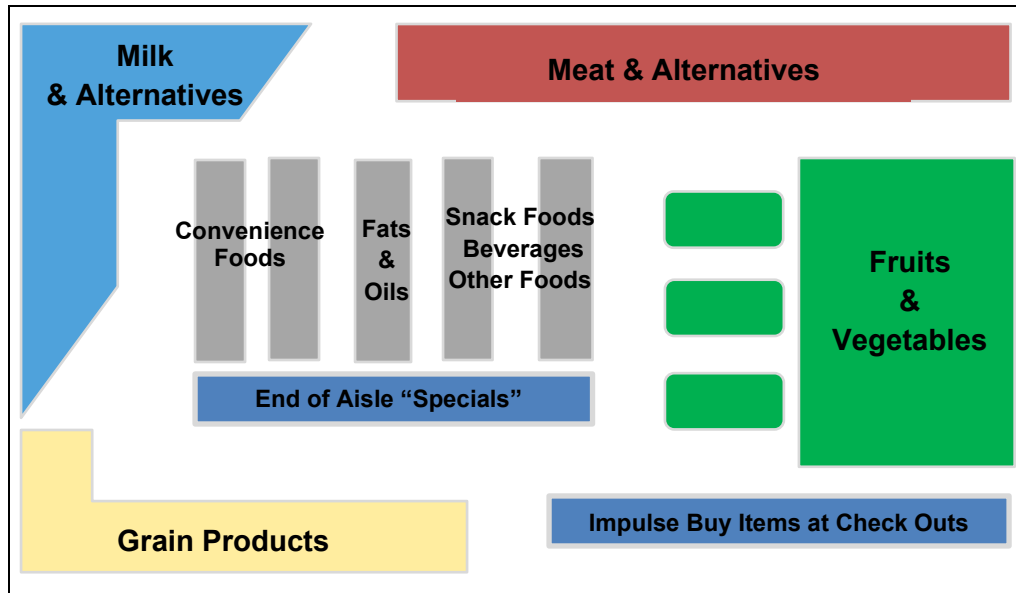


Become Supermarket Savvy!

A Typical Grocery Store Floor Plan



Helpful Tips for Making Your Way Around:

- 1) **Shop the perimeter!** This area of the grocery store contains fresh foods such as vegetables, fruits, grain products, dairy and meats.
- 2) Inner aisles contain:
 - **Convenience Foods** such as frozen food, canned goods, frozen fruits & vegetables, cereal, crackers, dried pasta, rice and legumes.
 - **Fats & Oils** (& condiments) such as dressings, sauces, oils, and vinegar.
 - **Snack Foods, Beverages, Other Foods** such as chips, candy, chocolate bars, cookies, granola bars, nuts, juice boxes, pop, and water.
- 3) At the end of each aisle you will find items on **"special"**. These specials don't always offer the store's best deals—although they want you to think so! Be sure to compare with similar products for the best price.
- 4) **Impulse-buy items** at the check outs. These are usually the last minute 'pick-me-up' items including candies, gum, chocolate bars, sugar sweetened beverages, chips, batteries and magazines. These items can be hard to resist when you are waiting to check out.

How to Become “Supermarket Savvy”

Focus

- Prepare a grocery list before you enter the supermarket and stay within it.
- Choose a cart or basket wisely. If you have 3-5 items on your list, choose a basket so you are less likely to pick up extra items you don't need.

Get to know your supermarket

- Become familiar with your local supermarket so you know exactly where to go for your items and don't become sidetracked while searching.
- If you are unsure of where your items are, ask someone!

Buy only what you need

- Just because items come in larger packages or bunches, it doesn't mean you have to buy them that way.
- Break up a bunch of bananas, buy individual potatoes or apples instead of a full bag, buy half a dozen eggs and ask the butcher to split packages of meat.

Be careful with coupons

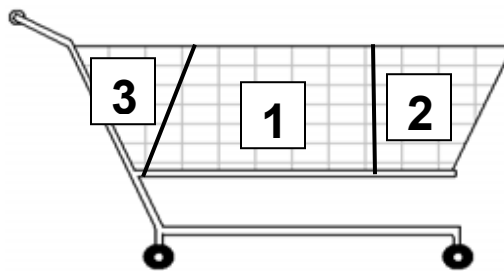
- It's only a deal if you actually need it!

Avoid checkout temptations

- If these products always tempt you, think about using the self-service check-out where you will keep your hands busy or shop during quieter times to avoid the long waits.

Shopping Cart Smarts

3) Use the smallest area of your cart for oils, fats and “other” foods. Choose unsaturated fats such as olive, canola and soybean oils and non-hydrogenated margarine more often.



1) Keep the largest area of your cart for vegetables, fruits and grain products. Choose richly coloured fruits and vegetables including at least one dark orange and dark green vegetable. Choose whole grain products such as barley, brown rice, quinoa, whole grain breads and crackers, oatmeal or whole wheat pasta more often.

2) Use this area of your cart for Milk & Alternatives and Meats & Alternatives. Choose lower fat dairy or milk alternatives such as unsweetened fortified soy beverage. Select lean cuts of meat such as chicken and turkey and aim to include fish at least twice per week. Include meat alternatives such as nuts, seeds, tofu, lentils and beans often.

Vegetables and Fruit

Vegetables and Fruit contain:

- Carbohydrates
- Fibre
- Vitamins and Minerals
- Water
- Antioxidants—help to protect your body's cells from disease



Reading Labels:

Vegetables and fruit come as **fresh**, **frozen** and **canned**. All are nutritious! When choosing canned foods, keep in mind:

- When buying canned vegetables, look for products that are packaged with little to no added **salt**. To reduce the sodium on canned vegetables with added salt, you can drain and rinse the vegetables before cooking.
- When buying canned fruit, read the label for **sugar**. Fruit that is packed in syrup will have a lot of added sugar. Look for canned fruit packaged in its own juice.
- It is a **myth** that only fresh produce is healthy. Frozen and canned produce allow us to enjoy nutritious options all year round and the vegetables and fruits themselves are often picked at the height of the season when nutrient levels are highest!

Reading the Nutrition Facts for canned fruits and vegetables:

Canned Fruit Items

Nutrition Facts			
Per ½ cup (127g)			
Amount	% Daily Value		
Calories 100			
Fat 0g	0%		
Saturated 0g + Trans 0g	0%		
Cholesterol 0mg			
Sodium 10mg	0%		
Carbohydrate 24g	8%		
Fibre 1g	4%		
Sugar 23g			
Protein 0g			
Vitamin A	6%	Vitamin C	8%
Calcium	0%	Iron	2%

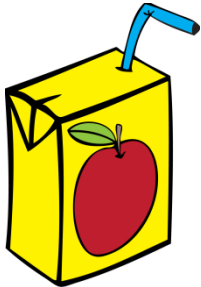
Canned Vegetables Items

Nutrition Facts			
Per ½ cup (121g)			
Amount	% Daily Value		
Calories 20			
Fat 0g	0%		
Saturated 0g + Trans 0g	0%		
Cholesterol 0mg			
Sodium 340mg	14%		
Carbohydrate 5g	2%		
Fibre 2g	8%		
Sugar 1g			
Protein 0g			
Vitamin A	6%	Vitamin C	0%
Calcium	2%	Iron	2%

Vegetables and Fruit

Understanding Juices

Eat whole vegetables and fruits more often than drinking their juice. Whole vegetables and fruit contain more fibre and other nutrients that are lacking in their juices. They may also come packaged with added sugar and salt. If buying juice, remember:



- When buying fruit juice, look for options that say “**100% pure fruit juice**”. Juices that say fruit “beverage”, fruit “cocktail”, and fruit “punch” are not 100% pure fruit juice. They often contain added sugars and are less nutritious.
- When buying a vegetable cocktail, choose the option with **less sodium**.

Tips for increasing your Vegetable and Fruit intake:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">• Add berries to cereal• Add vegetables (mushrooms, tomatoes, spinach) to omelettes• Blend fruit and vegetables into a smoothie• Have toast with peanut butter and top with a sliced banana	<ul style="list-style-type: none">• Add more vegetables to a sandwich or wrap (sliced tomato, avocado, onion, cucumbers or zucchini)• Dip veggie sticks in hummus or homemade yogurt dip• Add extra vegetables to any soup• Enjoy a lettuce wrap instead of a tortilla	<ul style="list-style-type: none">• Add more of your favourite vegetables to a stir-fry recipe• Add sautéed greens such as a spinach or kale into rice or quinoa dishes• Bake a spaghetti squash instead of pasta and add sautéed vegetables to your sauce

Other Helpful Tips:

- Leave the **skin/peel** on vegetables whenever possible. The skin contains many nutrients and is also a good source of fibre.
- Try to eat at least one **dark green** and one **orange** vegetable each day (broccoli, kale, spinach, zucchini and sweet potatoes, carrots, squash...etc.).
- Prepare vegetables by **steaming, baking, grilling** or **stir frying**, rather than boiling or deep frying. This will prevent loss of vitamins and minerals through the cooking process and will maximize nutritional benefits.

Grain Products



Grain Products Contain:

- Carbohydrates, Protein and Fat
- Fibre
- B Vitamins
- Iron
- Folate
- Other vitamins and minerals

Words to Look for on Labels

- 100% whole grain
- High fibre

Tips for Reading the Nutrition Facts Panel

- **% Daily Value** can be used to see if a food has little or a lot of a nutrient in a serving and to make comparison between different foods.
 - A % Daily Value of less than 5% is considered “low” in that nutrient.
 - A % Daily Value of more than 15% is considered “high” in that nutrient.
- When comparing nutrition labels of grains, look for products that are higher in **fibre** and lower in added **fat, sugar** and **sodium**.

Reading the Nutrition Facts for Grains

Focus on the fibre and sugar!

- ✓ Remember that 4 grams of sugar is equal to 1 teaspoon of sugar.
- ✓ A “**source**” of fibre has at least 2 grams per serving
- ✓ A “**good source**” of fibre has at least 4 grams per serving
- ✓ A “**very good source**” of fibre has at least 6 grams of fibre per serving.

Nutrition Facts			
Per 2 slices (175g)			
Amount	% Daily Value		
Calories 140			
Fat 1.5g	2%		
Saturated 0.3g + Trans 0.5g	4%		
Cholesterol 0mg			
Sodium 290mg	12%		
Carbohydrate 26g			
Fibre 3g	12%		
Sugar 2g			
Protein 5g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	10%

Grain Products

What to Watch Out For:

- Baked goods can be a hidden source of **trans fat**, **saturated fats** and **sugar**.
- “**Whole grain**” and “**multigrain**” do NOT mean the same thing. **Multigrain** means that more than one type of grain is included in the product and **whole grain** means the entire grain has been used in the product. Whole grain products are more nutritious and can contain more fibre.
- The more processed the grain, the less nutrition and fibre it contains.
- Watch out for **Sugar** added to cereals.
- Keep in mind that dense breads have more calories and carbohydrates in them. One large bagel can be equal to 4 slices of bread.

Enjoying your Grains:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • Combine two or three different types of high fibre cereals for a variety of flavours and textures. • Sprinkle All Bran Buds on top of your favourite cereal or oatmeal for an added boost of fibre. • Try plain oatmeal mixed with seasonal or dried fruit and a drizzle of honey or maple syrup. • Use whole wheat or barley flour in your pancakes or morning muffin recipes. • Try a variety of different bread products such as whole grain english muffins, crumpets or a small bagel. 	<ul style="list-style-type: none"> • Switch up your sandwich bread for a whole wheat wrap or pita. • As a side, make a cold pasta salad with whole wheat noodles or use other grains such as quinoa, barley, couscous or whole grain rice. • Add grains to your soup for a more complete meal; pearl barley or whole grain rice are great additions. • Try making your own homemade granola bars for a snack. Oats, nuts, honey & dark chocolate chips is all you need! 	<ul style="list-style-type: none"> • Stir-fry your vegetables over a bed of whole grain rice, quinoa or bulgar. • Add varieties of grains to the main protein of your dish. Quinoa and barley add an extra source of protein to homemade burgers or meatloaf. • Bake your own croutons with old whole grain bread to add a source of protein to your salad. • Try rolled oats, or a crushed, unsweetened whole grain cereal as breading for baked chicken, fish, veal cutlets or eggplant parmesan.

Milk and Alternatives

Milk and Alternative Products Contain:

- Protein
- Calcium, Magnesium & Phosphorus
- Vitamin A & D



Why is Milk Important?

- Milk is a rich source of calcium and vitamin D, which are essential for healthy teeth and bones.

What to Look for on Labels

- Products that contain **protein, vitamin D and calcium**
- Products that are lower in “Milk Fat” or “% M.F.” and **added sugar**



Reading the Nutrition Facts for Milk & Alternatives

- You will find % M.F. (“Milk Fat”) on labels for milk, cheese and yogurt. This is the percentage of milk fat by weight in the milk product.
- Choose **lower fat choices more often**—skim, 1% or 2% milk and alternative products.
- Pay attention to **sugar, protein and calcium** content.
- Regardless of the %M.F., all fluid milk contains the same calcium, vitamins and minerals.
- If you choose soy/almond/rice or any other kind of alternative to milk, choose an unsweetened variety and make sure it is **fortified with calcium**.
- **Fortified soy beverage** is the only true “milk alternative” that contains a similar amount of protein.

Nutrition Facts			
Per 1 serving (250 mL)			
Amount	% Daily Value		
Calories 110			
Fat 2.5g	4%		
Saturated 1.5g + Trans 0g	8%		
Cholesterol 10mg			
Sodium 120mg	5%		
Carbohydrate 12g	4%		
Fibre 0g	0%		
Sugar 12g			
Protein 9g			
Vitamin A	10%	Vitamin C	0%
Calcium	30%	Iron	0%

Milk and Alternatives



What to Watch Out For:

- **Milk beverages** such as milkshakes or flavoured milk may contain high amounts of **added sugar** and **fats**.
- While all milk is **fortified** with **vitamin D**, not all brands of cheese and yogurt are—check nutrition labels to see if your choices contain vitamin D.
- Coffee cream contains 10-18% M.F. Consider trying 5% cream or evaporated milk to reduce the fat content.
- Flavoured yogurt contains either **added sugars** or **artificial sweeteners**. Plain yogurt can be naturally sweetened with fresh fruit and a drizzle of honey or pure maple syrup.
- Plain yogurt can be a great substitute for sour cream.
- Cheese naturally contains more fat than most dairy products. Choose **lower fat cheese** more often. Reduced fat cheese contains a M.F. of 20% or less.
- An unsweetened **fortified soy beverage** is a nutritious alternative to regular milk.

Enjoying your Milk Products:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">• Blend yogurt and/or milk into a smoothie with fresh or frozen fruit and baby greens.• Make a yogurt parfait with granola, fruit, a drizzle of honey or maple syrup and cinnamon.	<ul style="list-style-type: none">• Use milk instead of water when preparing cream soups or cream sauces.• Make a dip out of yogurt for your veggies and crackers.	<ul style="list-style-type: none">• Add a dollop of plain greek yogurt on top of chili, pureed soups and baked potatoes.• Add a small amount of shredded cheese on top of your meal.

Did you know?

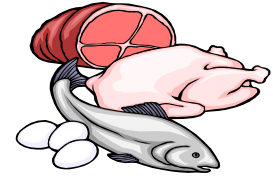
Non- Milk & Alternative sources of calcium include:

- ✔ bok choy, broccoli, kale, legumes, calcium set tofu, almonds, sesame seeds and canned fish with the bones.
- ✔ Add these choices to your meal for a healthy boost of calcium!

Meat and Alternatives

Meat and Alternative Products Contain:

- Protein & Fat
- Iron, B vitamins, Zinc



Reading the Nutrition Facts for Meats

Nutrition Facts			
Per 2 slices (63 g)			
Amount	% Daily Value		
Calories 70			
Fat 2.5g	4%		
Saturated 1 g + Trans 0g	5%		
Cholesterol 25mg			
Sodium 300mg	13%		
Carbohydrate 0g			
Fibre 0g	0%		
Sugar 0g			
Protein 11g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	2%

When comparing nutrition labels, pay attention to the types of fats listed as well as the sodium content.

Try to choose options that are:

- **Lower in Saturated and Trans fat**
- **Lower in Sodium**

What to Watch Out For?

- **Saturated fat content of red meats.** For **beef**, choose well-trimmed and lean or extra lean ground beef. For **pork**, choose lean ham, pork tenderloin or loin chops. For **lamb**, choose cuts from the leg or loin.
- **Little to no additives** (additives such as nitrates are present in processed meat products such as bacon and deli meats).
- Choose **sodium-reduced** and **lower-fat** options for luncheon meats or better yet, use left-over cooked meats such as chicken, turkey, ham and roast beef in their place.
- Choose **unsalted** nuts and seeds over salted.

Meat and Alternatives

Helpful Tips

- Aim for at least 2 servings of **fish** per week as they contain a rich source of **omega-3 fats** which are important for brain and heart health.
- **Broil, bake, grill or poach** your meat and fish more often and use plant based oil when frying.
- Choose lean and skinless meat products more often.
- Eggs are an excellent source of protein and are also inexpensive! They can be a fast and easy addition to your meal.
- Enjoy meat alternatives such as **tofu, legumes, nuts & seeds** often! They are a healthy, delicious and often inexpensive way of boosting protein, iron and fibre intake!

What are Meat Alternatives?

- Meat alternatives include eggs, tofu, legumes, nuts, seeds and nut butters. They are a healthy, delicious and often inexpensive way of boosting protein and iron intake!

Enjoying your Meat Alternatives:

Breakfast	Lunch	Dinner
<ul style="list-style-type: none">• Eggs are a great choice. Scrambled, pan-fried, baked, boiled or even microwaved!• Try a tofu scrambler! Sauté extra-firm tofu with your favourite vegetables and spices.• Nut or seed butters taste great spread on a piece of toast, mixed in with oatmeal or spread on a piece of fruit.• Add a nut or seed butter, silken tofu or pasteurized liquid egg to a breakfast smoothie.	<ul style="list-style-type: none">• Make your salad more filling by topping with a handful of unsalted nuts.• Make your own hummus by pureeing chickpeas and use as a spread in a wrap or as a dip for vegetables or whole grain crackers.• Add beans or lentils to your soups, chilies or stews.	<ul style="list-style-type: none">• Switch up your regular beef burger for a black bean and lentil burger.• Stuff portabella mushrooms caps with a mixture of quinoa, beans and cheeses.• Substitute chicken or beef in a stir-fry with tofu on a bed of brown rice or quinoa.

Snack Foods, Beverages & Other Foods Group

- Candy, chocolate bars, chips, cookies and other desserts.
- Soft drinks, juice, water, sports drinks, tea, coffee and alcohol.
- Granola bars, crackers, trail mix...etc.



Reading the Nutrition Facts for “other” foods

Many snack foods and drinks tend to be high in **empty calories with high amounts of fat, salt and sugar** and little to no vitamins or other nutrients important to good health.

When reading the label, pay attention to the types of fats, sodium and the amount of fibre and sugar present.

Try to choose options that are:

- **Lower in Saturated**
- **Trans fat FREE**
- **Lower in Sodium**
- **Lower in Sugar**
- **Higher in Fibre**

Nutrition Facts			
Per 1 bar (31g)			
Amount	% Daily Value		
Calories 140			
Fat 6g	9%		
Saturated 4g + Trans 0g	20%		
Cholesterol 0mg			
Sodium 80mg	3%		
Carbohydrate 22g			
Fibre 1g	4%		
Sugar 12g			
Protein 2g			
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	2%

Helpful Tips:

- Many commercially baked goods tend to contain **Trans fats**. Avoid products that list **hydrogenated oils** on the ingredient list.
- **Water** is the best choice to keep you hydrated!
- Soft drinks, juice, sports drinks and energy drinks tend to be very **high in sugar** and provide virtually no nutrition. Sports drinks are not usually needed unless you are exercising for a long duration (an hour or more).
- If drinking **juice**, choose **100% real juice**.
- **Snack on whole foods** such as fruits, veggie sticks, whole grain crackers with hummus or cheese, yogurt, nuts & seeds or “other foods” with **little or no added fat, salt and sugar**.

Convenience Foods

Convenience foods include any foods that can be prepared quickly and easily. They include pre-packaged foods such as frozen dinners, pizzas, chicken fingers, lasagnas and breaded fish. They tend to be highly processed but can also include less processed foods such as canned soups, legumes, frozen vegetable mixes and pre-washed/chopped vegetables and fruit.

Reading the Nutrition Facts for Convenience Foods

Many convenience foods can be high in **saturated fats, sodium and sugar** and low in **fibre** and other important **vitamins and nutrients**.

Nutrition Facts			
Per 1/6 th pizza (131g)			
Amount Value		% Daily	
Calories 320			
Fat 11g		17%	
Saturated 4.5g + Trans 0.2g		24%	
Cholesterol 20mg			
Sodium 850mg		35%	
Carbohydrate 39g			
Fibre 2g		8%	
Sugar 5g			
Protein 15g			
Vitamin A	2%	Vitamin C	4%
Calcium	20%	Iron	20%

When reading the label, pay attention to types of fats, sodium and the amount of fibre and sugar present.

Try to choose options that are:

- Lower in Saturated and Trans fat
- Lower in Sodium
- Lower in Sugar
- Higher in Fibre



Helpful Tips:

- Many convenience foods tend to be high in **sodium**. For this reason, it is best way to use these foods is to:
 - Save them for your busiest days
 - Choose lower sodium foods the rest of the day
 - Use no added salt in cooking or at the table
- For **well balanced meals**, why not try:
 - A convenience entrée with two different speedy vegetables
 - Combine a fast cooking meat/meat alternatives food with 2 easy-to-make vegetables and a grain or starch choice
 - Add a serving of fruit and a glass of milk or serving of yogurt to a frozen dinner

Fats and Oils

Fats and Oils Include:

- Spreads (margarine, butter, mayonnaise)
- Salad dressings
- Cooking oils



Why do we need Fat?

- Fat is an **essential** part of our diet.
- Fat helps you absorb important **fat-soluble vitamins (A, D, E and K)**.
- The **type of fat** we consume is most important.

Reading the Nutrition Facts for Fats

Focus on the types of fat!

- ✓ Try to choose foods with:
 - Less than 2 grams of saturated fat per serving
 - Less than 0.2 grams of trans fats per serving

Nutrition Facts			
Per 1 tbsp (15 mL)			
Amount	% Daily Value		
Calories 120			
Fat 14 g	21%		
Saturated 2g + Trans 0g	9%		
Cholesterol 0mg			
Sodium 0mg			
Carbohydrate 0g			
Fibre 0g			
Sugar 0g			
Protein 0g			
Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%

Helpful Tips:

- Aim to include **2-3 Tbsp** of added fats and oil per day.
- Heart healthy fats include: canola oil, olive oil, avocados, peanuts, flaxseed, sunflower seeds, walnuts, fish (salmon, mackerel, herring, trout and fresh tuna), non-hydrogenated margarines.
- When **baking**, use a **plant based oil** or **soft non-hydrogenated margarine** instead of hard margarine, shortening or lard.
- Aim for at least 2 servings of **fish** per week as they contain a rich source of **omega-3 fats** which are important for brain and heart health.
- When eating out, ask for added fats such as butter and salad dressings on the side to control how much is added.