

# Grocery Store Tips

## Cereal

- Less than 8 grams (g) of sugar per serving
- 3 g or more of fiber per serving
- 16 g or less of sugar & 5 g or more of fiber if the cereal contains fruit
- Instant hot cereals should contain no more than 100-150 milligrams (mg) of sodium/serving

## Go Lean with your Protein

- The less legs the better (fish=0, chicken & turkey=2, beef & pork=4)
- Leaner ground meats are at least 90/10 (90% lean, 10% fat)
- Nuts, tofu, & eggs are leaner sources of protein
- 'loin' & 'round,' are leaner cuts

## Fruits & Veggies

The more the merrier! Fruit and vegetable juices are okay occasionally, but lack fiber and often contain added sugar and sodium. Serving size is ½ cup for most fruits & vegetables. If frozen, look for fruit with no added sugar; look for vegetables without a creamy sauce.

## Canned Goods:

- Look for no added sodium.
- If you rinse your veggies, it removes up to 40% of the added sodium!
- Choose things canned in water vs oil.
- If buying canned fruit, look for fruit in its own juice, water or light syrup.

The Clean 15	The Dirty Dozen
On a budget, choose these conventionally. (Listed from lowest pesticide content)	Always buy these organic. (Listed from highest pesticide content to least)
1. Onions 	1. Apples 
2. Sweet Corn 	2. Celery 
3. Pineapple 	3. Strawberries 
4. Avocado 	4. Peaches 
5. Asparagus 	5. Spinach 
6. Sweet Peas 	6. Nectarines 
7. Mangoes 	7. Grapes 
8. Eggplant 	8. Sweet Bell Peppers 
9. Cantaloupe 	9. Potatoes 
10. Kiwi 	10. Blueberries 
11. Cabbage 	11. Lettuce 
12. Watermelon 	12. Kale/Collard Greens 
13. Sweet Potatoes 	
14. Grapefruit 	
15. Mushrooms 	

Source: Environmental Working Group 2011

## Milk, Yogurt, Cheese

- LOWFAT! [Skim or 1%]
- <3 grams of Saturated fat per oz of cheese

## Bread:

- WHOLE grain
- Target of 2 grams of fiber per 1-ounce slice



Wellness