

Grocery Shopping Tips and Tricks

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**BUILT
TO BEAT
CANCER**

NH
**NORTHSIDE
HOSPITAL**
CANCER INSTITUTE

Objectives

- Learn how to use the new nutrition facts label and ingredients list to make healthful food choices
- Understand organic food labeling verbage
- Review plate method for building a healthy plate
- Identify cost-effective options in all food categories for healthful food choices
- Review shopping tips when at the store

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

New:
added sugars

Change
in nutrients
required

Carbohydrates (aka Carbs)

- Primary energy source – your body turns carbs into glucose (blood sugar) to give you energy to function
- Three types of carbohydrates:
 - Fiber
 - Starches
 - Sugars
- On the Nutrition Facts Food Label “Total Carbohydrates” includes a combination of all three types

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Added Sugar

- Be cautious with added sugars – they are simple sugars that we add to our foods
 - Adding sugar to your coffee or tea
- Added by food manufacturers to processed and prepared foods
- Sugar goes by many names – check the food label ingredients:
 - Agave nectar
 - Cane syrup or corn syrup
 - Dextrose, fructose or sucrose
 - Honey
 - Molasses
 - Sugar
- The American Heart Association recommends:
 - No more than 25gm per day of added sugar for women (25gm = 6.25 teaspoons)
 - No more than 36gm per day of added sugar for men (36gm = 9 teaspoons)

NEW LABEL / WHAT'S DIFFERENT

Servings: larger, — bolder type		Nutrition Facts		— Serving sizes updated	
		8 servings per container Serving size 2/3 cup (55g)		— Calories: larger type	
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		% Daily Value*			
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		Trans Fat 0g			
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new: —
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New
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Protein

- Essential for range of life-sustaining functions:
 - Building & repairing cells
 - Maintaining muscles mass
 - Oxygenates red blood cells
 - Regulates hormones
 - Aids in digestion
- On the Nutrition Facts food label protein is near the bottom
- Dietary Reference Intake = protein is 10-35% of total calories ~20-30 grams/meal

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Total Fat

- When looking at the food label:
 - Typically 50-60 grams total per day
 - DRI = total 20-35% of total calories per day
- Total Fat includes:
 - Saturated Fat
 - *Trans* Fat
 - Unsaturated Fat
 - Monounsaturated Fat
 - Polyunsaturated Fat → Omega 3 and Omega 6
 - Cholesterol (does not contribute to any calories)

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Organic Food Labeling



Organic Food Labeling

- Strict production and labeling requirements
- Must be overseen by a USDA National Organic Program-authorized Certifying Agent, following all USDA organic regulations
- Common Certifications:
 - 100% Organic
 - Organic
 - “Made with” Organic
 - Specific Organic Ingredients



100% Organic

- Raw or processed agricultural products in the 100% organic category must meet these criteria:
 - All ingredients must be certified organic
 - Any processing aids must be organic
 - Product labels must state the name of the certifying agent on the information panel
- May include USDA organic seal &/or 100% organic claim
- Must identify organic ingredients

- Raw or processed agricultural products in the “organic” category must meet these criteria:
 - **95% minimum organic ingredients**
- May include USDA organic seal and/or organic claim
- Must identify organic ingredients

“Made With” Organic

- Multi-ingredient agricultural products in the “made with” category must meet these criteria:
 - At least **70% of the product must be certified organic** ingredients (excluding salt and water)
- May state “made with organic (insert up to 3 ingredients or ingredient categories) – No USDA Organic Seal
- Must identify organic ingredients

Specific Organic Ingredients

- **Multi-ingredient products with less than 70% certified organic content** (excluding salt and water) don't need to be certified. Any non-certified products:
 - Must NOT include USDA organic seal anywhere or the word “organic” on principal display label
 - May only list certified organic ingredients as organic in the ingredient list and the percentage of organic ingredients.

The Plate Method

- Simple tool to make meal planning easier!
- Helps balance your nutrients
- Divide your plate into sections
 - $\frac{1}{2}$ non-starchy vegetables
 - $\frac{1}{4}$ lean protein
 - $\frac{1}{4}$ grains & starches



8 OZ. LOW
CALORIE
DRINK



$\frac{1}{2}$ CUP
FRUIT



$\frac{1}{2}$ Non-Starchy Vegetables + $\frac{1}{4}$ Grains & Starches + $\frac{1}{4}$ Lean Protein
= **1 Great Plate**

Tips for Various Grocery Categories

Enjoy More Fruits & Vegetables

- Try crunchy vegetables instead of chips for dipping (bell peppers, carrots, broccoli, celery, cucumbers)
- Keep cut veggies handy for snacks, side dishes, or a quick nibble while dinner cooks
- Grill fruit kabobs for dessert – pineapple, peaches and banana
- Use veggies as pizza toppings
- Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish
- Top a baked potato with beans and salsa or broccoli with low fat cheese
- Wake up to fruit – make a habit of adding fruit to your morning meal
- Stuff an omelet with veggies

Non-Starchy vs. Starchy Vegetables

Non-Starchy Vegetables

- Asparagus
- Artichoke
- Green/wax beans
- Brussel sprouts
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (collard, kale, mustard, spinach)
- Mushrooms
- Onions
- Pea pods
- Peppers
- Salad greens (arugula, romaine)
- Tomatoes
- Turnips
- Zucchini

Starchy Vegetables

- Parsnip
- Plantain
- Potatoes (sweet and white)
- Pumpkin
- Acorn Squash
- Butternut Squash
- Green Peas
- Corn



Breads, grains, and bulk

- Chose whole grains – 100% whole grain should be listed first on the ingredient list
- Fiber – look for >3 grams per serving
- Misleading claim: **Multi-grain** = has more than one type of grain but could be refined
- Choose a grain you have not cooked with before!
- Higher fiber/whole grain cereal options:
 - Cheerios, Total, Wheaties, Shredded Wheat, Oatmeal



Deli, Meats and Fish (and beans)

- Limit red meat consumption to <16 oz per week
- Canned beans – choose low sodium or sodium free
- Limit processed meats, sausage/bacon, hotdogs – contain **NITRATES/NITRITES**
- Can purchase bulk animal protein and freeze in individual portions for easy meal prep



High Quality / Lean Proteins

Anti-inflammatory Plant-Based Choices with Phytonutrients

- 3-4 servings per week
- Serving: ½ cup cooked

Black Beans	Lima Beans	Tempeh
Butter Beans	Pinto Beans	Tofu
Chickpeas / Garbanzo Beans	Peas Green & Black-eyed	Split Peas (green, yellow)
Fava Beans	Edamame	Seitan
Kidney Beans	Hummus	Soybeans
Lentils (all colors)		White Beans (cannellini, great northern, navy)



High Quality / Lean Proteins

Anti-inflammatory Protein Choices Mostly Omega-3

- 3-4 servings per week
- Serving: 3-4 ounces cooked

Bass	Mahi Mahi	Snook
Bluefish	Monkfish	Sole
Carp	Orange Roughy	Sturgeon
Catfish	Perch	Swordfish
Char	Pike	Tilapia
Cod	Pollack	Tuna
Flounder	Redfish	Trout
Grouper	Red Snapper	Walleye
Haddock	Salmon	Whitefish
Halibut	Sardines - canned in water	Sushi
Herring	Scrod	



Healthy Fats

- Olive oil – use for low to medium heat cooking
- Canola or avocado oil – can be used for higher heat cooking methods

Best Quality

Nuts*	Seeds*	Oils
Almonds & Almond Butter	Flaxseed	Canola Oil
Brazil Nuts	Pumpkin Seeds	Flax Oil
Cashews & Cashew Butter	Sesame Seeds	Grape Seed Oil
Chestnuts	Sunflower Seeds	Olive Oil
Hazelnuts (Filberts)		Peanut Oil
Peanuts & Peanut Butter	OTHER:	Safflower Oil
Pecans	Avocados	Sesame Oil
Pistachios	Olives	Sunflower Oil
Walnuts		

*Nuts, nut butters and seeds also have an added benefit of providing healthy lean protein



Smart Shopping Tips

- Make a list –
 - Keep a tally on your refrigerator of items that may be running low
- Avoid going to the store hungry
 - This can help prevent excess spending on non-essential items
- Buy in bulk and then measure out single servings
 - A lot of times you pay for the convenience of single serve packs
- Avoid buying pre-chopped or convenience style items
 - Typically you are paying more for the grocery store to prep these items
 - Produce starts to break down once chopped so better to buy and prepare yourself
- Seasonal produce
 - Seasonal produce can be more affordable than out of season
- Store brands vs name brands
 - Name brands at times are more costly than generic brands

Grocery Shopping Food Safety

- Inspect food packages:
 - Avoid dented/bulging canned goods
- Shop in order:
 - Try to grab your perishable items last
- Pick your produce:
 - Purchase only the amount of produce that you will consume over a week
- Shopping cleanliness:
 - Wash reusable grocery bags regularly
- Grocery transportation:
 - If you are going to run other errands for more than 30 min after shopping – bring a cooler with chill packs for perishable foods

Challenge Yourself!

1. Check out a local farmer's market
2. Make a plant based protein meal
3. Cook with a vegetable you have not used before

Questions?

References

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