



Apparently about this time many people have forgotten all about their resolutions. How are your goals going?

If changing your eating habits was part of your goal, then knowing how to grocery shop is critical.

Grocery Shopping

Tips

- ☑ Never go to the grocery hungry.
- ☑ Make a list, check it twice.
- ☑ Take your time.
- ☑ Stick to the perimeter of the store.
- ☑ Remember to shop by nutrition labels not just the package front.

Produce

- ☼ Recommended servings of fruits/vegetables per day – minimum of 5. What is a serving? 1/2 cup of mixed fruit = 1 serving; 1 cup raw green leafy vegetables = 1 serving and 1/2 cup cooked vegetables = 1 serving.
- ☼ Dried fruit – careful, small portions pack a big nutritional punch, both with good nutrients and but also calories. Check your nutrition goals to know if this can fit into your plan.
- ☼ Freshness tips
 - Do not rinse all of your berries upon purchase;

this will reduce their freshness time span.

- Do not put bananas in the fridge, they turn brown.
- Keep potatoes and onions separated, the onions will cause the potatoes to rot.
- The use of freshness drawers or freshness bags will help increase the life of fresh produce.
- ☼ Frozen – it is okay to purchase frozen vegetables. However, be sure to purchase only the vegetable not products with additional sauces or seasoning.
- ☼ Canned – frozen is a better option but you can purchase canned if you prefer. Be sure to rinse off your canned vegetables to reduce the sodium by 75%.

Meat/ Fish

- ☼ Always choose lean meats
- ☼ Watch the sell by or freeze by dates on packaging.
- ☼ Cook unfrozen meat in a timely manor ~ no longer than 3 days after purchase, before the freeze by date, or just simply freeze until you are ready to cook.
- ☼ Variety – fish is a wonderful health food (excellent source of Omega 3 Fatty Acids) but you only want about 3 servings of fish a

week. Experiment with chicken breast, lean pork loin, or lean ground beef or flank steak to add variety. Beans are a great alternative protein, but they do lack specific nutrients, such as B12, that can be found in meat.

Cheese/Dairy

- ☼ Stick to low fat or no fat products
- ☼ Watch the label claims on products and verify with the nutritional information on the label.

Grains

- ☼ Stick with whole grain, whole wheat
- ☼ Also an area to be fooled by label claims, remember to read the fine print.

Nutrition Food Label

Start Here: Serving size: All information on the label pertains to this amount of the food. **Servings Per Container:** How many servings sizes.

Calories: Calories per serving size. Determined from the amount of fat, carbohydrate and protein in the food.

Total Fat: Consists of three subtypes of fat: saturated fat, trans fat (mono-unsaturated fat and polyunsaturated fat). **Saturated Fat** – “bad fat” – the fat that is linked with high blood cholesterol. **Trans Fat** – also a bad fat and linked with high blood cholesterol. **Limit Total fat to _____ grams; Limit Saturated fat to _____ grams; Try to Omit Trans fats from your diet.**

Cholesterol: If you are limiting your saturated fats then the Cholesterol in food will also be lower.

Sodium – There is no study guideline for this micro nutrient, however, it is best to avoid excessive amounts of salt.

Dietary Fiber: The recommended intake of fiber is 25grams a per day. **Micro nutrients** – Micro nutrients are small nutrients required for good health. These nutrients are your vitamins and minerals.

Total Carb – Carb = Carbohydrates. This macronutrient is not limited on your meal plan, however, for good nutrition you should limit Sugars and strive to reach 25grams/day of Fiber. **Protein** – This macronutrient is not limited on your meal plan. To strive for “good nutrition” be sure to choose lean sources of meat or plant proteins.

% Daily Values* – based on a 2,000 calorie diet. It is best to ignore these numbers when deciphering the food label. Stick to the study guidelines and look at the grams value for each nutrient.

Amount Per Serving	Calories from Fat 90	% Daily Value*
Total Fat 10g		20%
Saturated Fat 2.5g		5%
Trans Fat 0g		0%
Cholesterol 0mg		0%
Sodium 300mg		6%
Total Carb 10g		2%
Dietary Fiber (less than 1g)		2%
Sugars 1g		2%
Protein 3g		6%
Vitamin A 0%	Vitamin C 4%	
Calcium 45%	Iron 0%	
Thiamin 0%	Riboflavin 0%	
Niacin 0%		

Labels (Review label handout uploaded last month)
Before the current government regulations on food labels took effect, nutrition claims could be



confusing. Now, food manufacturers must follow strict guidelines when making these claims. The most commonly used terms are as follows.

- ☼ **Light** means that a food has half the fat, one-third the calories, or half the salt of its regular counterpart. It can still be used to describe other properties like color or texture as long as the label makes the distinction clear. For example: "light brown sugar"
- ☼ **Free**, as in fat-free or sugar-free, indicates that none of the ingredients cited is in the product. For instance, calorie-free product must have fewer than five calories per serving, while fat-free and cholesterol-free foods should have less than half a gram per serving. Related words, such as "without" "no" and "zero" must meet the same standards.
- ☼ **Low** may be used to describe products that do not exceed the dietary guidelines for fat, saturated fat, cholesterol, sodium, or calories. The criteria they must meet are:
 - **Low-fat:** 3 grams or less per serving
 - **Low-saturated fat:** 1 gram or less per serving
 - **Low-cholesterol:** 20 milligrams or less cholesterol and 2

grams or less of saturated fat per serving.

- **Low-calorie:** 40 calories or less per serving
- ☼ **Lean** can be used to describe the fat content of meat, poultry, and seafood. To be called "lean," a serving of the product must have less than 10 grams of fat per serving, 4.5 grams of saturated fat, and less than 95 milligrams of cholesterol. "Extra lean" has also been defined to mean less than 5 grams of fat, less than 2 grams of saturated fat and less than 95 milligrams of cholesterol.
- ☼ **Reduced** means that the product contains at least 25 percent less of a nutrient or calories than the regular product.
- ☼ **Less or fewer** can be used to describe foods that have a nutrient or calorie content which is reduced by at least 25 percent.
- ☼ **High**, as in high in fiber, means a product has 20 percent or more of the daily value for the nutrient cited.
- ☼ **Good source** indicates that one serving of the food contains 10-19 percent of the daily value for a particular nutrient.

Cost

- ☼ Do not be fooled into expensive healthy products.
- ☼ Keeping things simple is the best way to start.

Monthly challenge:

Teenage Athlete- Help mom and dad grocery shop.

Parents – Take your kids with you to the grocery, especially teenage athletes. It won't be long before they are shopping for themselves. Even little ones can learn by your actions. If you know it will be a quick trip, take them along for a teaching moment.