

Grocery Shopping for Weight Loss

Healthy Eating Starts in the Grocery Store!



Smart Shopping Guidelines

Healthy eating begins with proper planning. Choosing healthy foods in the supermarket and choosing low-fat cooking techniques helps to pave the way for a healthier lifestyle. Smart shopping can save money as well. Follow the tips below.

Before You Go:

- Plan several healthy meals for the week, keeping in mind which days you have time to cook from scratch. Prepare a healthy casserole ahead of time or plan a crock-pot meal for days that time is limited. Be creative! If pizza is on the menu one night, shop for salad and fruit to balance out the meal.
- Form your menus using the My Plate guidelines which promote variety, moderation, and balance in your diet. Check out www.choosemyplate.gov to find out how many servings you need from each food group daily.



- Review what you have on hand then add to your list based on your planned menus.
- Remember to add snacks: fresh nuts, fruit, low fat snack crackers, yogurt, granola bars.
- Arrange your list in the same order as the aisles in your favorite store.

- To save money, do your homework. Don't assume featured flyer ads are on sale.
- Eat. If you're hungry when shopping, you're more inclined to stray from your list.

At the store:

- Shop only for items on your list to avoid impulse buying and store marketing ploys.
- To save, use coupons and awards cards but compare product coupons with other similar brands before buying. Purchase store brands rather than name brands.
- Purchase larger quantities when possible. Share and split the cost with friends.
- Buy fresh produce in season and freeze.
- Try vegetarian sources of protein such as canned beans.
- Avoid check out temptations such as overpriced soda and candy.
- Retailers rotate their older items to the front of the shelf. To maximize shelf-life, burrow to the back of shelves, especially with dairy, to get the newest items. Use the "unit price" (price per ounce or pound) to compare brands.
- Pay attention at the check-out for errors.

Going Green - Consider the following tips to be environmentally conscious:

- Carpool or plan ahead to limit gas use from frequent trips to the grocery store.
- Choose reusable cloth bags.
- Consider organic, especially for produce more likely to harbor pesticides such as strawberries, peaches and bell peppers. Buy seasonal and local produce.
- Buy in bulk for less packaging waste when spoilage is not a concern.

- Eat less meat to reduce your carbon footprint. Aim for at least one vegetarian day weekly.

To Buy Organic or Not?

Organic food is food that is produced without pesticides, hormones, antibiotics and genetically modified organisms (GMO's). It is important to realize that organic food is not any lower in calories and therefore, will not make you lose weight. It is also debatable that organic foods are more nutritious than their non-organic counterparts. However, it is a good idea to consume some of your foods organic that are known to absorb and contain a higher amount of pesticides than others. Consuming a large amount of pesticides and synthetic fertilizers can be harmful to your health, so avoid the "dirty dozen." Your best bet is to buy local produce and meats from your local farmer's market to save money, increase your nutrition potential and get the best taste.

Buy Organic	Okay to Buy Non-Organic
Apples	Onions
Celery	Sweet corn
Strawberries	Pineapple
Peaches	Avocado
Spinach	Asparagus
Nectarines	Sweet peas
Grapes	Mango
Bell peppers	Eggplant
Potatoes	Cantaloupe
Blueberries	Kiwi
Lettuce	Cabbage
Kale	Watermelon
Collards	Sweet potatoes
Fatty meats	Grapefruit
Milk	Mushrooms
Coffee	
Wine	
Chocolate	

Nutrition Information & Label Reading

The Ingredients Panel: The ingredients panel lists food items in a product in descending order by weight, from most to least. Be sure that the less nutritious ingredients such as sugar, hydrogenated fat, and salt are near the end of the list of foods on the label.

Country of origin labeling (COOL): The law requires grocery stores to notify consumers of the source of their food.

Food allergens: To protect individuals with food allergies, laws require manufacturers to list the following potential food allergens on labels: milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts and soybeans.

Nutrient and health claims: Claims that can be used on food and dietary supplement labels fall into three categories: health, nutrient content, and structure/function claims. Health claims describe a relationship between a food or food component and reducing risk of a disease or health-related condition. For example, a food low in salt can legally carry the statement: "Diets low in sodium may reduce the risk of high blood pressure, a disease associated with many factors." Structure/function claims describe the role of a nutrient intended to affect normal structure or function in humans, for example, "calcium builds strong bones".

The FDA provides specific guidelines about health and nutrient content claims on food labels. For example, for a food to be labeled "low fat" it must have 3 grams or less of fat per serving. For additional information access contact the USC dietitian or access

<http://www.fda.gov/Food/LabelingNutrition/LabelClaims/ucm111447.htm>.

Additional nutrient labeling symbols are also used by companies. For example, a heart symbol indicates that the food follows guidelines approved by the American Heart Association. The Whole Grains Council symbol indicates whole grains. The American Dietetic Association provides information at <http://www.eatright.org/Public/content.aspx?id=6387> .



Nutrition Facts Panel

Check serving size

Calories

Consider your daily goals.

Small-Medium Snack 50-150

Large Snack 150-250

Regular Meal 350-500

Large Meal 500-700

Limit:

Saturated fat (<16 g daily)

Trans fat (<2 g daily)

Total fat (Aim for less than 30% calories from fat or no more than 3 g fat / 100 calories)

Cholesterol (<300 mg daily)

Sodium (Goal is <2300 mg/day)

Side Dish – 300 mg or less

Main Dish – 600 mg or less

Nutrition Facts

Serving Size 1/2 cup (57g)

Servings Per Container 15

Amount Per Serving

Calories 230 **Calories from Fat** 100

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 95mg **4%**

Total Carbohydrate 32g **11%**

Dietary Fiber 3g **12%**

Sugars 18g

Protein 5g

Vitamin A 0% • **Vitamin C** 0%

Calcium 4% • **Iron** 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less Than	65g	80g	
Saturated Fat	Less Than	20g	25g	
Cholesterol	Less Than	300mg	300 mg	
Sodium	Less Than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Get enough: vitamins and minerals and fiber

Fiber (Goal 20-40 g/day)

Aim for foods with 3 + grams or more per serving

Sugar Note that sugars listed may include natural occurring sugar such as lactose.

Things to consider:

- Stick with foods that include 5 or less ingredients that you can actually pronounce (there are exceptions to the rule)
- Hydrogenated oils= *Trans* fat (even if it says 0g on the label)- avoid these
- Sugar of any type shouldn't be in top three ingredients- these include honey, molasses, cane juice, brown rice syrup, sugar, corn syrup, high fructose corn syrup
- Choose whole foods (100% whole grain, fresh fruits & veggies, plain meats without flavoring, added sauces, etc.)
- Stay away from containers that are targeted to kids- these tend to be higher in sugar and other "junky" items
- Compare items! This is the best way to know you're getting the best product

Add some flavor without the calories & fat!

- Herbs
- Chicken/beef/vegetable broth & stock- great for sautéing veggies with!
- Cook/braise with red & white wine
- Mustard- try different varieties
- Flavored vinegars
 - Balsamic
 - Red wine
 - Cider
 - Fruit-flavored vinegars
- Tomato paste
- Tomato sauce
- Salsa- different flavors like pineapple, mango, regular, salsa verde
- Peppers, onions, garlic
- Fruit preserves
- Fruits & veggies add a variety of flavors

Try These Herb/Spice Combos!

HERB/SPICE	ADD TO:	HERB/SPICE	ADD TO:
Basil	Tomato based dishes	Oregano	Tomato based dishes and meats
Cayenne	Mexican dishes	Paprika	Soup, meat, chicken, hummus
Cilantro	Salsa, dips, and soups	Rosemary	Tomatoes, potatoes, chicken, and lamb
Curry Powder	Rice, chicken, and vegetables	Sage	Chicken, eggplant, and stews
Dill	Salads (tuna, chicken, egg)	Thyme	Soup, vegetable mixes, and meat
Garlic	Almost anything	Mint	Fruit salad

Avoid the Health Halo Effect!

Food manufacturers want you to believe their food is healthy so you will buy it. Don't fall into this trap! Make sure you scrutinize the label and compare products to make sure you're getting the best item possible. For weight loss there are a few items you need to pay particular attention to:

- High protein for satiety
- High fiber for satiety
- Low in sugar- check the ingredients, not just the nutrition facts panel
- Calories are not always the most important but do need to be factored in

Popular Health Halo Foods:

- Baked chips
- Gummy fruit snacks
- Light ice cream
- Diet soda
- Calorie-free sprays
- Non-fat and "lite" salad dressings
- Low-fat cookies
- 100 calorie packs
- pretzels
- spinach wraps
- veggie pasta or veggie chips
- flavored water
- cereals
- yogurt
- frozen entrees
- "instant" foods
- generally anything with added fiber, low-carb, fat-free (except dairy), "all natural," organic



A Comparison of Products:

Pasta Sauce:

Best: Mario Batali Marinara- no sugar, lowest in calories and fat

Middle Ground: Bertolli Portobello and light Alfredo sauce (if you are craving something creamy), Mid's Meat Sauce

Avoid: Franchise Simmer Sauce

Pasta:

Best: mueller's 100% whole grain, barilla plus (great for vegetarians), ronzoni healthy harvest- high fiber, high protein, made with 100% whole grains, higher vitamins & minerals

Avoid: veggie pastas (just have added veggie juice to white pasta, little fiber),

white pastas, Dream Fields Pasta is a marketing gimmick it's just the same as white pasta

Grains:

Best: Near East taboule wheat salad, plain wild rice, brown rice, quinoa (no fat, little sodium, high fiber)

Middle Ground: Uncle Ben's individual brown rice cups (microwaveable)

Avoid: Flavored pastas & rices, organic mac and cheese, such as Back to Nature and Annie's (same as Kraft, no fiber), flavored couscous (too high sodium, a lot of junky ingredients)

Stocks & Broths:

Good options: Thai coconut curry no fat (only 20 cal- sub for coconut milk), any fat free low sodium stock, Swanson Flavor Boosts

Spreads:

Best: Publix low-sugar preserves, Suckers Natural Peanut Butter, Naturally More peanut butter or almond butter

Avoid: Biscoff spread, Chocolate peanut butter spreads, Nutella, Agave syrup, honey, molasses, pancake syrup, maple syrup, etc. (if trying to cut back on weight)

Best Snacks:

Sweet: Popcorn Indiana kettle corn, Kashi cookies, Sahale pecans, plain 0% fat Greek yogurt with fresh/frozen berries, dried fruit, chocolate soy/almond milk

Salty: Pistachios with shell on, 2% string cheese, veggie sticks with hummus, Soy Crisps, Rice Works chips, Diamond Nut Thins, whole grain pretzels, fruit & nut (only) trail mix



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