

Savvy Shopping Makes Healthy Eating Easier

Your Virtual Grocery Shopping Tour

LIVEwell

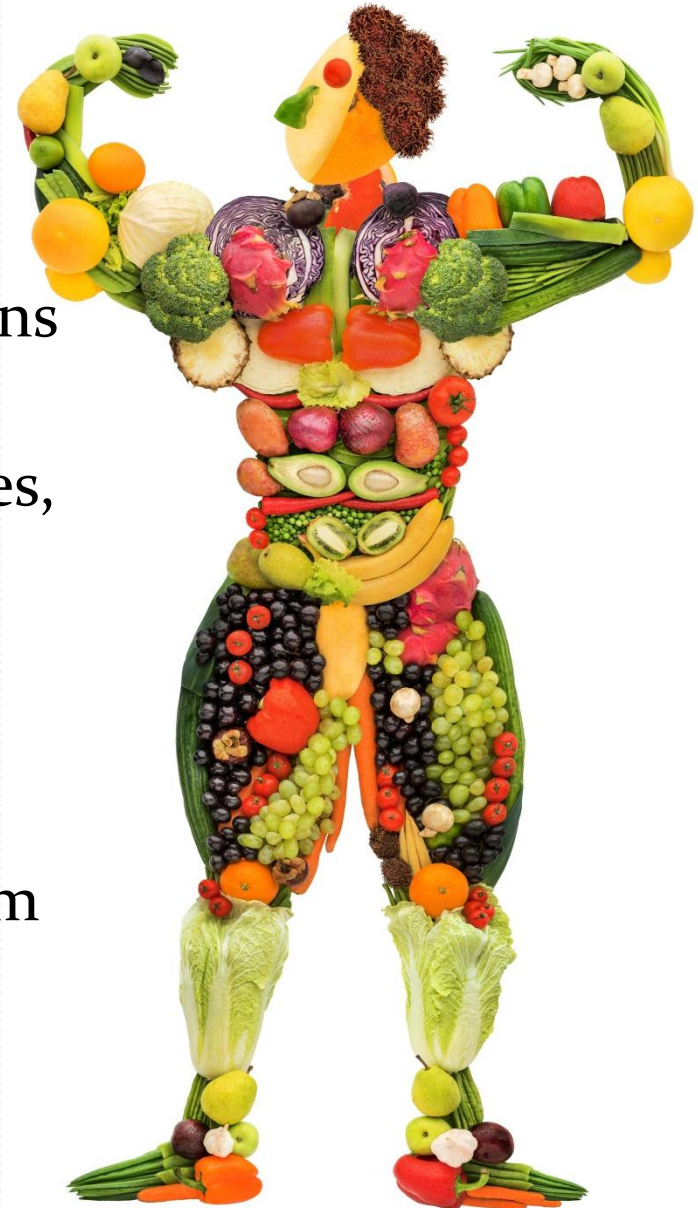
Practical Wellness. Abundant Support.

Today we will discuss:

- How to help you shop better to save time, money and your health.
- Tips for selecting the most nutrient dense, fresh and packaged foods by properly interpreting food labels.
- How careful meal planning can help you achieve your health goals.

Food is our fuel!

- Most food is made up of some combination of carbohydrates, proteins and fats.
- The calories supplied by carbohydrates, proteins and fats are necessary for all body functions.
- Your body needs a certain amount of each nutrient to function properly.
- If you consume too many calories from ANY source, you will gain weight.
- You are what you eat – choose wisely.



Savvy Shopping: Intro



Savvy Shopping - Plan

- Plan meals and snacks
- Prepare a shopping list
- Do not shop hungry

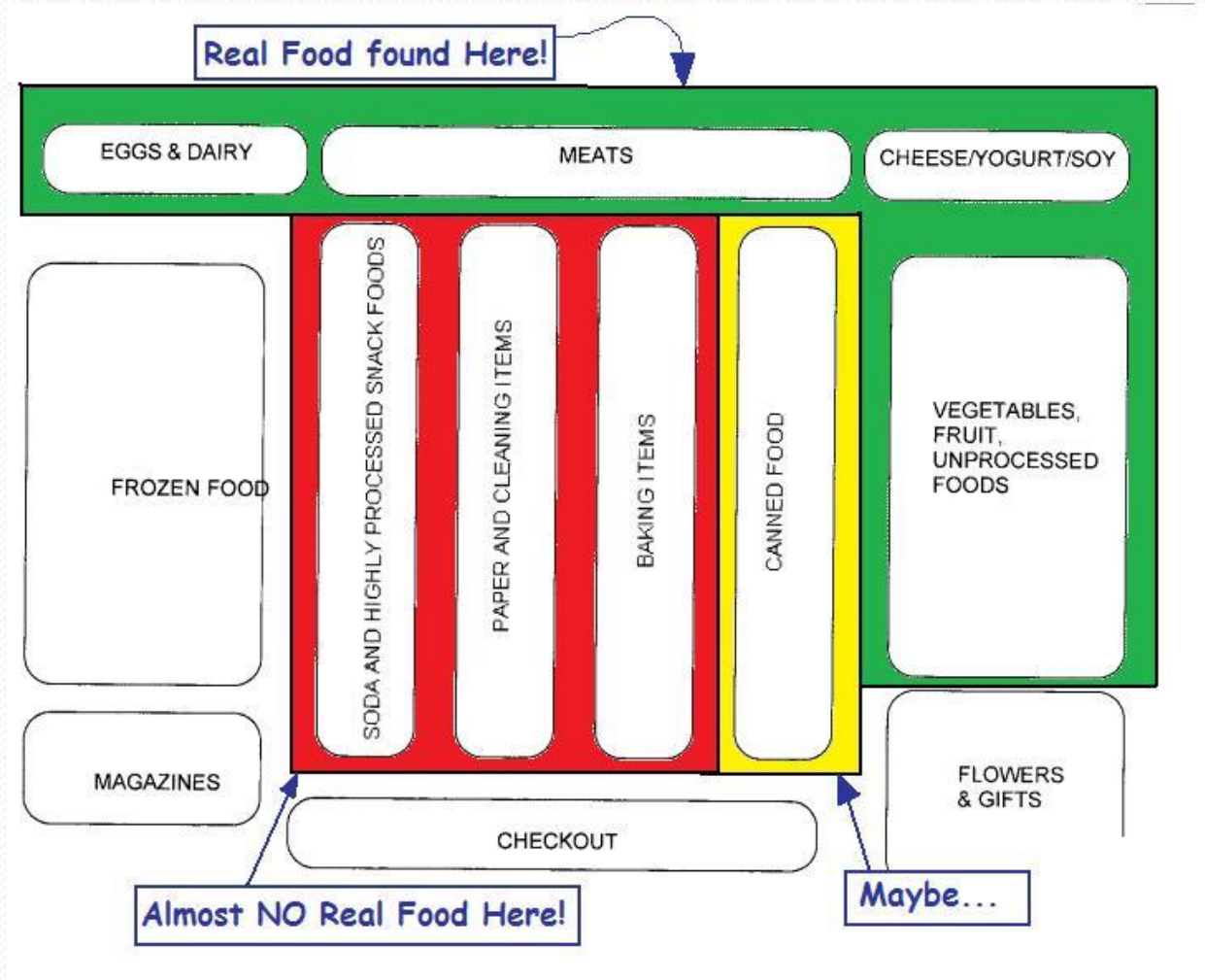


Savvy Shopping – In Store

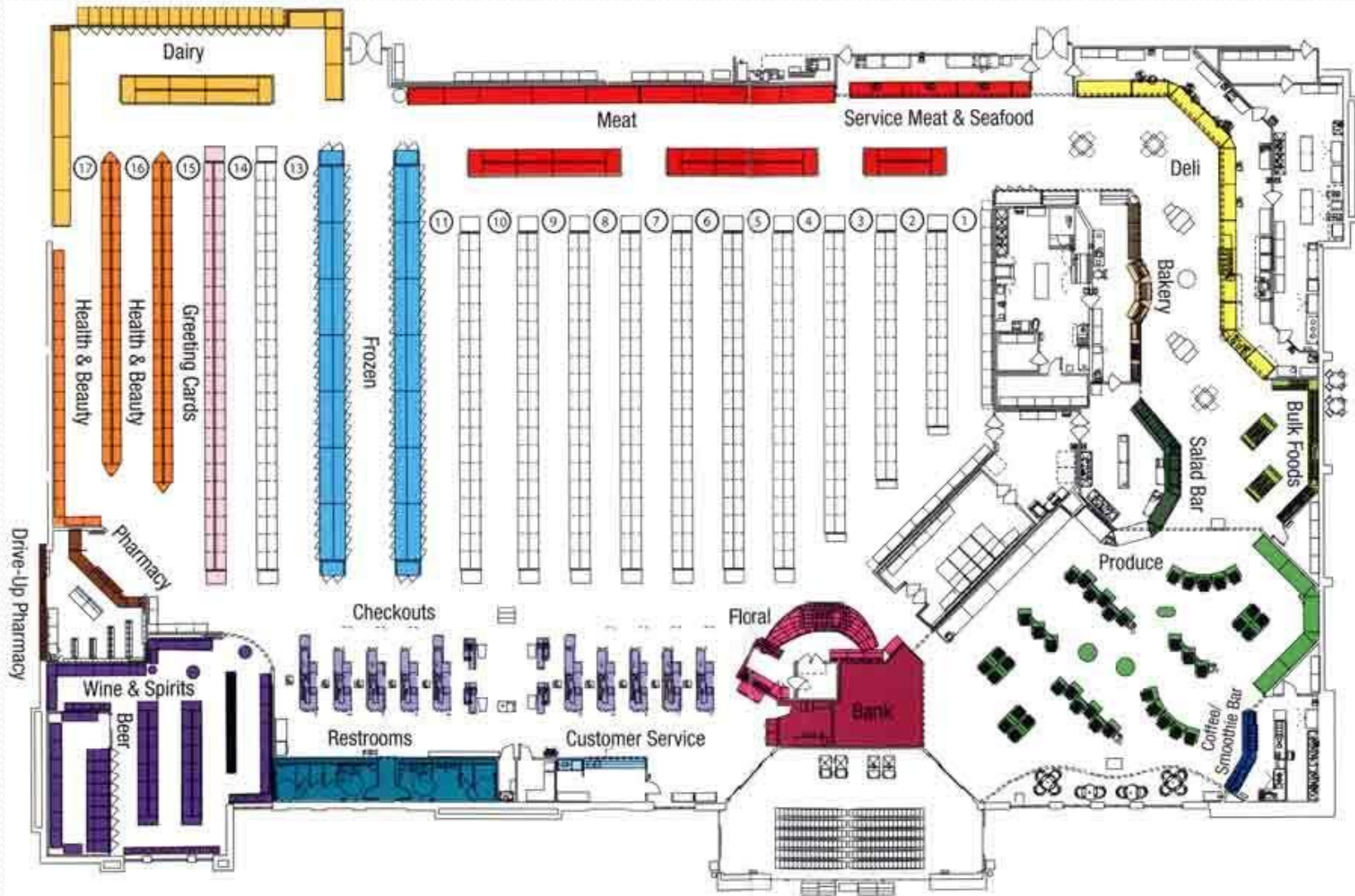
- Shop the store perimeter first; be weary of frozen, boxed or canned goods
- Avoid impulse buys at the register
- Be aware of store placement strategies and other marketing tricks



Savvy Shopping – In Store: Typical Grocery Store Layout



Savvy Shopping – In Store: Super Stores



Savvy Shopping – Staple Products



- Fresh and frozen fruits
- Fresh Vegetables
- Dairy include Low/Non fat milk, plain yogurt, string cheese, cottage cheese
- Lean meats, poultry, eggs and fish
- Tofu and soybeans

Savvy Shopping – Staple Products

- Almonds, other nuts/seeds and nut butter
- Lentils, beans and grains (quinoa, rice, etc.)
- Corn/whole grain tortillas
- Oatmeal
- Spices and herbs



LEARNING ACTIVITY

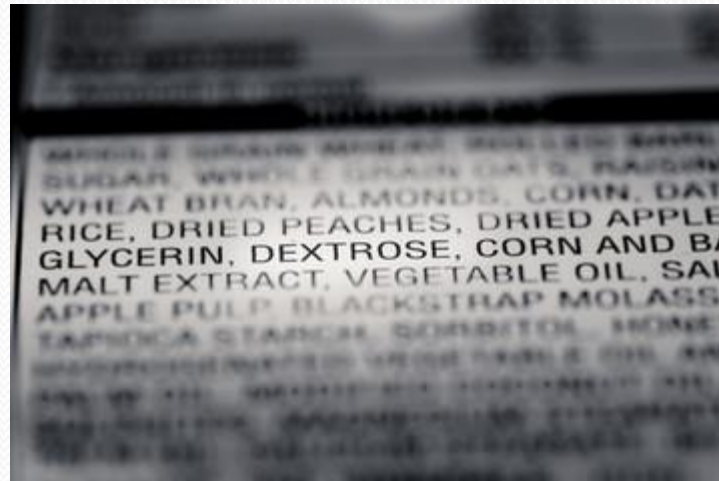
- Write your shopping list in order of your store's perimeter, where the fresh foods are.
- Visualize your grocery store. How can you organize your list to fill your cart by shopping the perimeter first?
- What products do you notice at the ends of aisles? Placed at the register?
- Think about the packaged cereal aisle. Which cereals are placed at eye level of a child? Why is this?

Savvy Shopping: Labels



Savvy Shopping: Labels

- Ingredients are listed in order of MOST to LEAST
- Less is better when it comes to ingredients
- Look out for anything ending in OSE



Savvy Shopping: Labels

- Serving Size- how much are you going to eat?
- Total Calories
- Calories from Fat- aim for foods with LESS than 30% of calories from fat.
- DO NOT WORRY about % daily value- see FOOTNOTE
- AVOID foods with Trans Fats
- Reduce Sodium
- Remember Sugar guidelines
- More Fiber balances out calories

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

Calories:
larger type

Updated daily values

Actual amounts declared

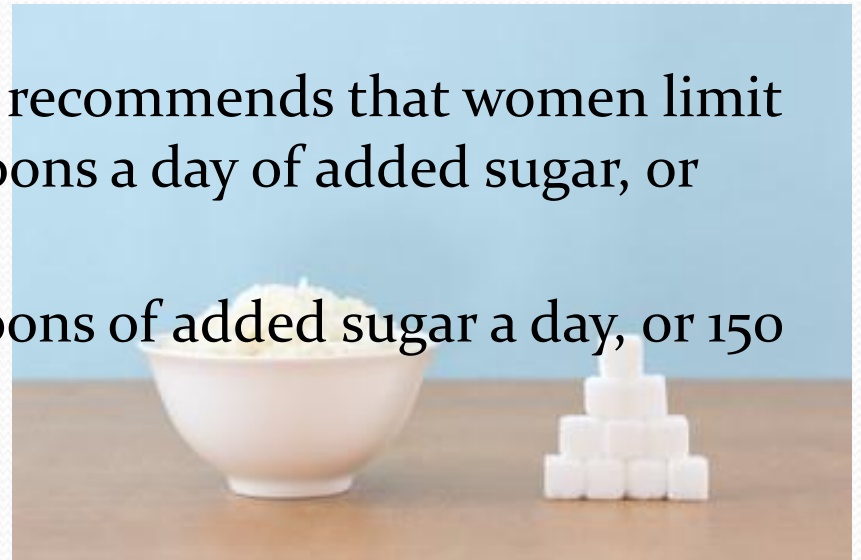
New footnote

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.

Savvy Shopping: Labels - Sugar

- Sugar recommendations or RDA are NOT on labels yet so you have to monitor it yourself.
- A 12 ounce can of regular soda contains ~8 teaspoons of sugar, or about 130 calories
- 4 grams of sugar = 1 teaspoon of sugar = 16 calories
- Note:
 - American Heart Association recommends that women limit themselves to about 6 teaspoons a day of added sugar, or about 100 calories.
 - Men should limit to 9 teaspoons of added sugar a day, or 150 calories.



Savvy Shopping: Labels - Sugar

Product	Ounces	Calories	Sugar
Coca-Cola	20	240	16 $\frac{3}{4}$ tsp
Monster Energy Drink	16	200	13 $\frac{1}{2}$ tsp
Snapple Kiwi Strawberry Juice Drink	16	210	12 $\frac{3}{4}$ tsp
Welch's 100% Orange Juice	16	240	14 tsp
Gatorade	20	130	8 $\frac{1}{2}$ tsp
Carmel Frappuccino	16	380	11 $\frac{3}{4}$ tsp plus 3 tsp of fat

LEARNING ACTIVITY

- Using the information on the previous chart, place the number of sugar cubes in the cup corresponding to the amount of sugar in each drink.
- Keep in mind one cube or packet of sugar equals 1 teaspoon or 4 grams of sugar and 16 calories.
- Are you exceeding the recommended amount of sugar consumption each day?

LEARNING ACTIVITY

- Look at the ingredient list on the packaged foods at your table.
- Is sugar listed in any of the first 4 ingredients? If so, this food product likely has TOO much sugar and should be avoided.
- Is the word “sugar” listed? What other terms are used to hide sugar in packaged foods?
- What about natural sugars found in fruits?



LEARNING ACTIVITY: Sugar Lingo

- Dextrose
- Fructose
- Galactose
- Lactose
- Levulose
- Maltose
- Saccharose
- Sucrose
- Xylose
- Mannitol
- Sorbitol
- Xylitol
- Beet sugar
- Brown sugar
- Cane juice crystals
- Cane sugar
- Caramel color
- Confectionary sugar
- Corn sugar

Savvy Shopping: Labels: Sodium Lingo



- Sodium free or salt free - Less than 5 mg per serving
- Very low sodium - 35 mg or less of sodium per serving
- Low sodium - 140 mg or less of sodium per serving
- Reduced or less sodium - at least 25⁰% less sodium than the regular version
- Light in sodium - at least 50% less sodium than the regular version
- Unsalted or no salt added - No salt added during processing (does NOT mean no sodium)

Savvy Shopping: Labels: Sodium

Ken's Steak House Lite Caesar dressing: 620 mg per 2 tbsp.



Progresso white clam sauce: 880 mg per half cup



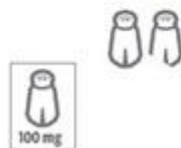
McDonald's Quarter Pounder with Cheese: 1,190 mg



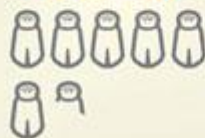
4C seasoned bread crumbs: 630 mg per one-third cup



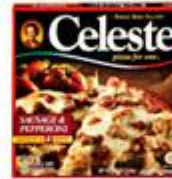
Bumble Bee Prime Fillet: 180 mg per 2 oz.



Mission flour tortilla: 630 mg



Celeste Pizza for One: 1,230 mg



Kellogg's Raisin Bran: 350 mg per cup



LEARNING ACTIVITY

- Look at the food labels at your table.
- Identify how many mgs of sodium the food contains per serving.
- Think about how many servings you may consume.
- Will this food fit into your daily meal plan?

LEARNING ACTIVITY:

TIPS for Reducing Sodium

- Fresh and homemade is best!
- 75% of sodium comes from restaurant and packaged foods.
- Compare labels between frozen and canned products.
- Look for baking soda, soy sauce, brine and MSG on labels – these also contain sodium.
- Don't add salt to your food during cooking or before eating.
- Drain and rinse canned beans and vegetables. Doing this may reduce up to 41% of added sodium.

Savvy Shopping: Labels: Other



EAT 48g OR MORE OF
WHOLE GRAINS DAILY



EAT 48g OR MORE OF
WHOLE GRAINS DAILY



Savvy Shopping: Labels: Is it Organic?



- Certified organic foods bearing the USDA logo must contain at least 95% (by weight or fluid volume, excluding water and salt) approved ingredients.
- Up to 5% of the food may contain prohibited ingredients (with a few exceptions- no GMOs), if those ingredients are not available in organic form.

“The health benefits of a diet rich in fruits and vegetables outweigh the risks of pesticide exposure. Eating conventionally grown produce is far better than skipping fruits and vegetables”
-EWG

Savvy Shopping: Labels:

Organic is ALWAYS Non- GMO

- An organic farmer can't plant GMO seeds.
- An organic cow can't eat GMO alfalfa or corn.
- An organic soup producer can't use any GMO ingredients.
- To meet the USDA organic regulations, farmers and processors must show they aren't using GMOs and that they are protecting their products from contact with prohibited substances, such as GMOs, from farm to table.



LEARNING: Dirty Dozen & Clean 15

The Environmental Working Group's 2017 Dirty Dozen List

The Top Fruits And Veggies That Have The Most Pesticides



More than 98 percent of samples of strawberries, spinach, peaches, nectarines, cherries and apples tested positive for residue of at least one pesticide.

20 A single sample of strawberries showed 20 different pesticides.

2x Spinach samples had, on average, twice as much pesticide residue by weight than any other crop.

The Environmental Working Group's 2017 Clean Fifteen List

The Top Fruits And Veggies That Have The Fewest Pesticides



* A small amount of sweet corn, papaya and summer squash sold in the United States is produced from genetically modified seeds. Buy organic varieties of these crops if you want to avoid genetically modified produce.



Only 1% of avocados and sweet corn showed any detectable pesticides.



More than 80 percent of pineapples, papayas, asparagus, onions and cabbage had no pesticide residues.

AlgaeCal

Source: <https://www.ewg.org>

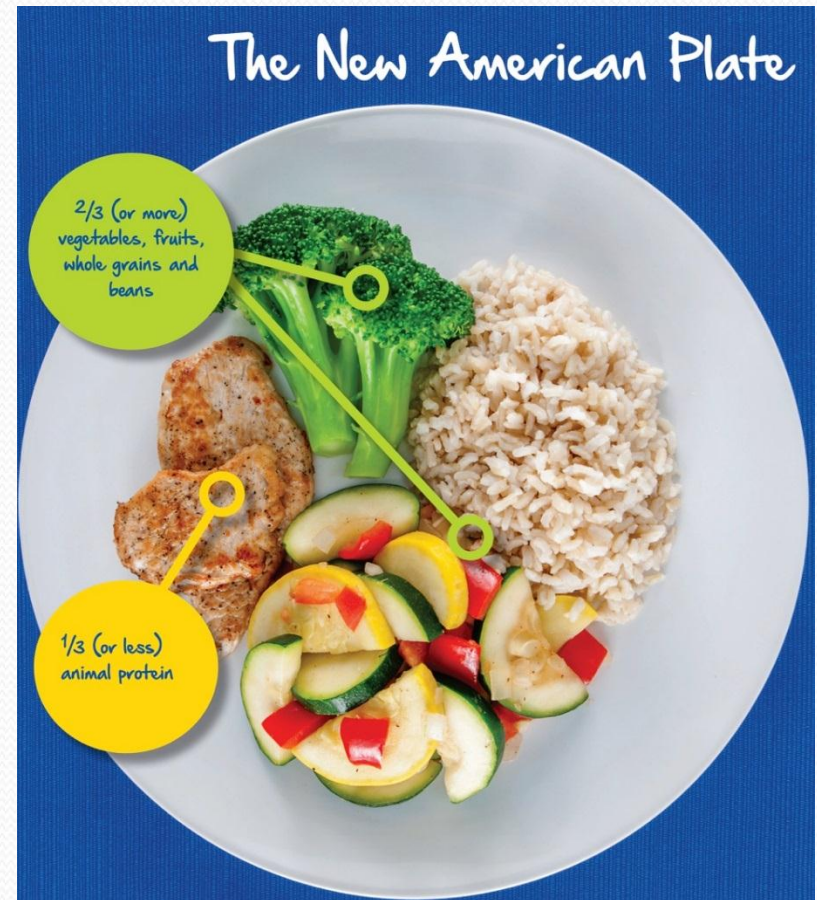
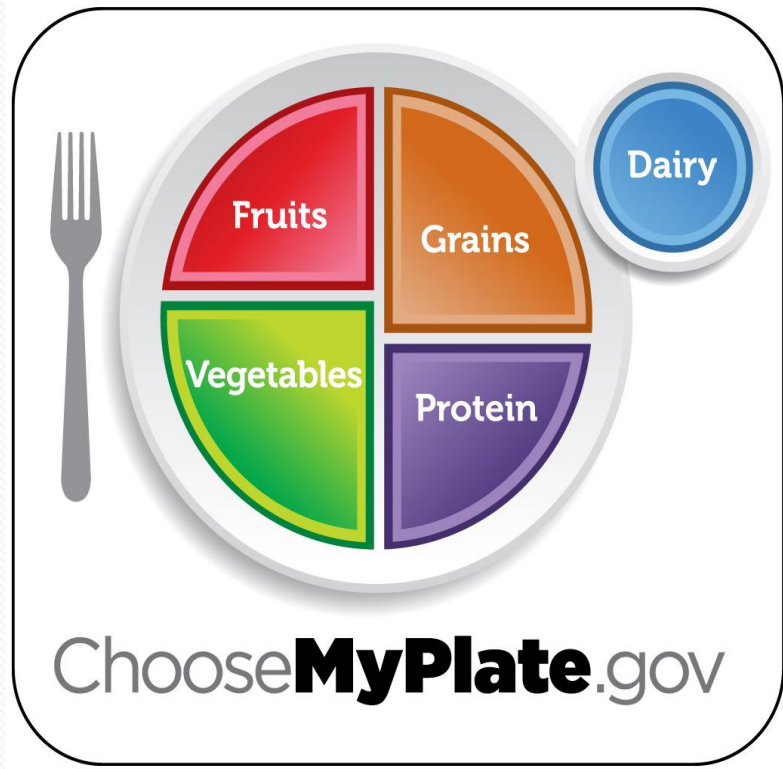
AlgaeCal

Source: <https://www.ewg.org>

Savvy Shopping: Meal Planning



Meal Planning: Plan your meals!



Meal Planning: Using the USDA DIETARY GUIDELINES

- Focus on a healthy eating pattern that accounts for all food and beverages within an appropriate calorie level.
- A healthy eating pattern includes:
 - A variety of vegetables from all of the subgroups— dark green, red and orange, legumes (beans and peas), starchy, and other
 - Fruits, especially whole fruits
 - Grains, at least half of which are whole grains
 - Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
 - A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, and seeds.
 - Oils

Meal Planning: Portion Sizes

Follow the Portion Size guidelines in order to manage calories consumed.

- Use **your palm** as a guide for a serving of poultry, fish and meat (the proteins)
- Use **your fist** as a guide for a serving of potato, pasta, rice, etc. (the carbs and starches)
- Use your thumb as a guide for a serving of cheese

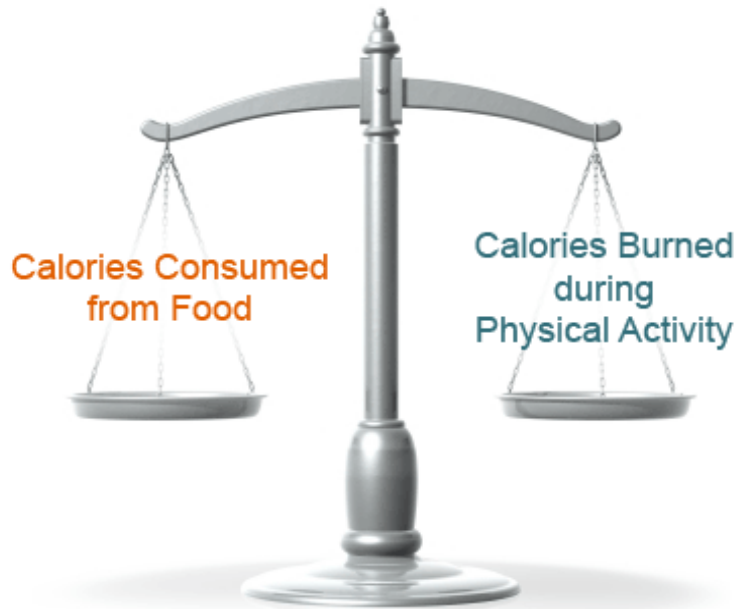


Meal Planning: Calorie Level

(lower end to loose weight)

Gender	Age	Sedentary	Mod. Active	Active
Female	19-30	2000	2000-2200	2400
	31-50	1800	2000	2200
	51 +	1600	1800	2000-2200
Male	19-30	2400	2600-2800	3000
	31-50	2200	2400-2600	2800-3000
	51 +	2000	2200-2400	2400-2800

Meal Planning: Calorie Balance



- Also must consider your:
- Digestion
- Exercise
- Daily Activity
- Basal Expenditure
- Individual Differences

Meal Planning: Do Calories Really Matter? Sort of.....

The energy content of food (calories) matters, but it is less important than the metabolic effect of food on our body.

If you eat a diet of WHOLE (real) foods, calorie counting isn't as important!

A handful of raw almonds and a packaged snack bar may list the same amount of calories, BUT, they are NOT equal in the way your body digests, uses and stores them.

Meal Planning: Make Your Carbs Count!



Healthy Carbohydrates

- Foods that are still in their natural state, or similar to their natural state
- Generally high in fiber, rich in vitamins, minerals and other nutrients
- Use the Glycemic Index



Limit these Carbohydrates

- Foods that have been refined and processed
- Generally loaded with additives, including colorings, flavorings and preservatives
- Will generally gain weight if you eat too many bad carbohydrates

Meal Planning: Eat Heart Healthy Fats



LEARNING: Key Meal Planning Recommendations

- Focus on Variety, Nutrient Density and Portion Sizes.
- A Nutrient Dense food has more than 5% of several essential nutrients (fiber, vitamins, minerals, phytochemicals, etc).
- Limit calories from added sugars and saturated fats and reduce sodium intake.
 - Consume less than 10% of calories per day from added sugars
 - Consume less than 10% of calories per day from saturated fats
 - Consume less than 2,300 milligrams (mg) per day of sodium
- If alcohol is consumed, it should be consumed in moderation – up to one drink per day for women and up to two drinks per day for men – and only by adults of legal drinking age.



SAMPLE 2-WEEK MENUS

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	<p>Peanut Butter Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp peanut butter ¼ cup raisins Beverage: 1 cup orange juice</p>	<p>Cereal with Fruit: 1 cup toasted oat cereal 1 medium banana ¼ cup lowfat milk 1 hard-cooked egg Beverage: Water, coffee, tea</p>	<p>Scrambled Eggs: 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 2 turkey sausage links 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly Beverage: 1 cup apple juice</p>	<p>Banana Walnut Oatmeal 1 large orange Beverage: 1 cup lowfat milk</p>
LUNCH	<p>Tuna-Cucumber Wrap: 1 8" flour tortilla 3 oz tuna (canned in water) 2 Tbsp mayonnaise 5 cucumber sticks ¼ cup lowfat vanilla yogurt Beverage: 1 cup lowfat milk</p>	<p>Green Salad with Honey Lemon Chicken: 1 cup romaine lettuce 3 oz sliced Honey Lemon Chicken* 3 slices tomato 5 slices cucumber 2 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</p>	<p>One Pan Spaghetti* Side Salad: 1 cup romaine lettuce 3 medium slices tomato 5 slices cucumber 1 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk</p>	<p>Green Salad with Tuna: 1 cup romaine lettuce 3 oz tuna (canned in water) ¼ cup sliced carrots 2 Tbsp vinaigrette dressing** 1 slices whole-wheat bread 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk</p>
DINNER	<p>Honey Lemon Chicken* Brown Rice Pilaf 1 cup peas and corn: ½ cup corn (frozen) ½ cup green peas (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</p>	<p>One Pan Spaghetti* (includes ground beef and tomato sauce) ½ cup steamed broccoli (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk</p>	<p>Polenta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk</p>	<p>Marinated Beef Mashed potatoes: 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine 1 cup mixed vegetables (frozen) 1 tsp tub margarine Beverage: Water, coffee, tea</p>
SNACKS	<p>Carrot Sticks with Dip: ½ cup carrot sticks 2 Tbsp hummus 6 whole-grain crackers</p>	<p>Popcorn (3 cups popped) 2 Tbsp kernels 1 tsp vegetable oil 1 large orange</p>	<p>Pretzels and Dip ½ cup pretzels 1 Tbsp hummus 1 medium banana</p>	<p>Banana Bread* ½ tsp tub margarine 1 cup grapes</p>



SAMPLE 2-WEEK MENUS

	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	<p>Open-faced Egg and Tomato on an English Muffin 2 eggs, fried in 1 tsp oil 1 English muffin, toasted 2 medium slices tomato ½ cup cheddar cheese, shredded Beverage: 1 cup apple juice</p>	<p>Scrambled Tofu Burrito 1 serving Scrambled Tofu 1 8" flour tortilla ¼ cup black beans (canned) 2 Tbsp salsa Beverage: 1 cup lowfat milk</p>	<p>Fantastic French Toast 1 Tbsp pancake syrup 1 tsp tub margarine Dash of cinnamon (optional) 1 medium banana Beverage: 1 cup orange juice</p>	<p>Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp raisins 1 medium banana 1 Tbsp peanut butter Beverage: 1 cup lowfat milk</p>
LUNCH	<p>Peanut Butter and Banana Sandwich: 2 slices whole-wheat bread 2 Tbsp peanut butter 1 medium banana ½ cup celery sticks Beverage: 1 cup lowfat milk</p>	<p>Crunchy Chicken Salad Sandwich: 2 slices whole-wheat bread ½ cup Crunchy Chicken Salad 1 romaine lettuce leaf ½ cup carrot sticks 1 Tbsp Ranch dressing 1 large orange Beverage: 1 cup lowfat milk</p>	<p>Lentil Stew* 1 cup brown rice 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk</p>	<p>Tuna Sandwich: 2 slices whole-wheat bread 3 oz tuna (canned in water) 2 Tbsp mayonnaise 2 medium slices tomato 1 romaine lettuce leaf 10 cucumber slices 1 Tbsp Ranch dressing Beverage: 1 cup lowfat milk</p>
DINNER	<p>Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions 1 cup green beans (frozen) 1 white roll 1 tsp tub margarine Beverage: Water, coffee, tea</p>	<p>Lentil Stew* 1 cup brown rice ½ cup broccoli (frozen) ½ tsp tub margarine ½ cup canned pears Beverage: Water, coffee, tea</p>	<p>Pan-fried Pork Chop (5 oz raw chop with bone) 1 medium baked potato 2 Tbsp salsa Cabbage slaw ½ cup shredded green cabbage 1 Tbsp vinaigrette dressing** Beverage: 1 cup apple juice</p>	<p>Red Hot Fusilli Pasta 2 Tbsp shredded Parmesan cheese ½ cup green peas (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Apple Cinnamon Bar* Beverage: Water, coffee, tea</p>
SNACKS	<p>Banana Bread* ½ tsp tub margarine 1 cup lowfat milk</p>	<p>Yogurt Parfait: ½ cup lowfat vanilla yogurt ½ cup toasted oat cereal 1 Tbsp chopped nuts 1 Tbsp raisins</p>	<p>Banana Bread* ½ tsp tub margarine 1 cup lowfat milk</p>	<p>1 large orange 2 graham crackers 1 cup lowfat milk</p>

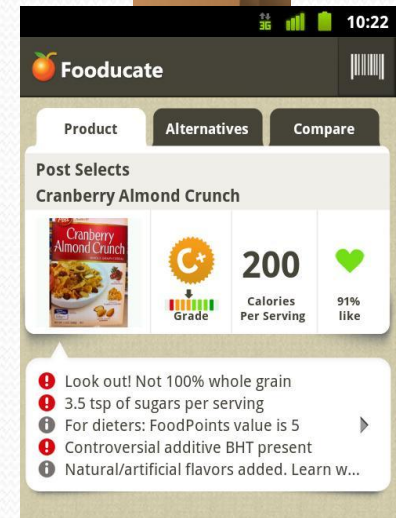
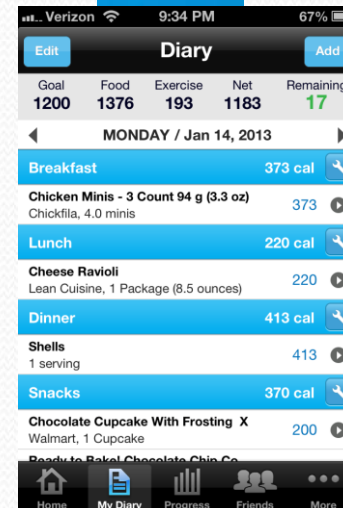
LEARNING:

What If You're Still Hungry?

- Have more free veggies
- Have more lean protein
- Drink a full glass of water
- Take a walk
- Brush your teeth
- Wait 10 minutes

Resources

- www.choosemyplate.gov
- www.heart.org
- www.diabetes.org
- www.myfitnesspal.com
- www.fooducate.com



Thank you!

**You
Can
Do It!**

