

Nutrition Diva's Shopping Guide

PRODUCE SECTION	Produce that's local and in season offers the best value, nutritionally and otherwise.
<p>Vegetables (2 ½ cups per day per person)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Go for variety:</p> <ul style="list-style-type: none"> ✂ Green (lettuce, spinach, kale, Swiss chard, beet and mustard greens, etc.) ✂ Red/Orange (tomatoes, carrots, sweet potatoes, winter squash, red peppers) ✂ Cruciferous (cabbage, broccoli, cauliflower, Brussels sprouts) ✂ Pods (peas, green beans, snowpeas, etc.) ✂ Stinkers (onions, scallions, shallots, garlic) <p>High in pesticide residues:</p> <ul style="list-style-type: none"> ✂ Bell peppers ✂ Celery ✂ Spinach ✂ Lettuce ✂ Potatoes
<p>Fruit (2 cups per day per person)</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Particularly nutritious:</p> <ul style="list-style-type: none"> ✂ Apricots (fresh) ✂ Berries (all kinds) ✂ Cantaloupe ✂ Cherries ✂ Citrus ✂ Grapes (especially red or purple) ✂ Kiwi ✂ Pomegranate <p>High in pesticide residues:</p> <ul style="list-style-type: none"> ✂ Peaches ✂ Apples ✂ Nectarines ✂ Strawberries ✂ Cherries ✂ Pears ✂ Imported grapes
THE DAIRY CASE	Dairy foods can be a good source of protein, calcium, and vitamin D but they are not essential to a healthy diet.
<p>Milk</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Non-Dairy Milk Alternatives</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Yogurt</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>Sour cream, cream cheese, etc.</p> <p>_____</p>	<p>Nutritionally speaking, organic milk is comparable to conventional milk. But buying organic reduces the use of antibiotics in livestock, which is definitely better for you and the environment.</p> <p>Dairy-free milk should contain no more than 12g sugar and 100mg sodium per serving.</p> <ul style="list-style-type: none"> ✂ Higher in protein: soy milk ✂ Lower in sugar/calories: almond milk ✂ Higher in fiber: soy milk, oat milk ✂ Higher in omega-3: hemp <p>Plain, unsweetened yogurt is best</p> <p>Look for products labeled "Live and active cultures."</p> <p>Lemon, vanilla, and coffee-flavored yogurts have about 25% less sugar than most fruit-flavored yogurts.</p> <p>Choose low or reduced fat products to save calories but avoid fat-free products that contain a lot of artificial ingredients and additives</p>

<p>Cheese</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Best Choices:</p> <ul style="list-style-type: none"> ✍ Higher in protein and calcium: Gruyere, Parmesan, Gouda, cottage cheese ✍ Lower in fat and calories: Part-skim Ricotta, Mozzarella, Feta, Goat, cottage cheese ✍ Lower in sodium: Camembert, Swiss <p>Note: If you're watching sodium, avoid cottage cheese, blue cheese, gouda, feta, and parmesan.</p>
<p>Butter or Margarine</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Avoid spreads made with hydrogenated and/or esterified oils.</p>
<p>Eggs</p> <p>_____</p> <p>_____</p>	<p>Most healthy adults can eat a dozen or so eggs a week without adverse effects on their cholesterol levels or heart disease risk.</p>
<p>Juice (Limit juice to one serving a day)</p> <p>_____</p> <p>_____</p>	<p>Citrus, pomegranate, and grape juice are the most nutritious choices.</p>
<p>MEAT DEPARTMENT</p>	<p>Whenever possible, choose meat raised without hormones or antibiotics. Avoid products that have been "pre-basted" or injected with salt or sugar solutions.</p>
<p>Fresh Meat</p> <p>Boneless cuts: Allow 4 oz. per portion Cuts with bones: Allow 6 to 8 oz. per portion (Portion = 3 ounces cooked meat)</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Best choices:</p> <ul style="list-style-type: none"> ✍ Beef: Tenderloin, strip steak, top sirloin, T-bone, flank steak, London Broil ✍ Bison: All ✍ Lamb: Loin chops, leg of lamb ✍ Pork: Tenderloin, loin roast ✍ Poultry: Skinless breast ✍ Budget friendly: ground beef, bison, chicken, or turkey (90% lean), chuck roast (beef), skinless thighs (chicken)
<p>Deli</p> <p>1 pound = 16 medium-thick slices or 25 to 30 thin slices</p> <p>_____</p> <p>_____</p>	<p>Best choices: Lower-sodium roast beef, chicken, or turkey</p> <p>Note: Pregnant women, small children, and those who eat cured meats more than once or twice a week should buy nitrite-free products.</p>
<p>Fish Counter</p> <p>(2 servings per person week) Filet: Allow 4 oz. per portion Whole fish: Allow 8 oz. per portion</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Best Choices</p> <ul style="list-style-type: none"> ✍ Fresh: Arctic char, wild salmon, sablefish (black cod), oysters (farmed) ✍ Frozen: Wild salmon, shrimp ✍ Canned: Wild Alaska pink salmon, Alaskan sockeye, sardines, anchovies ✍ Budget -friendly: Cod, haddock, chunk light tuna

PANTRY STAPLES	Keep these healthy foods in stock
Grains <hr/> <hr/> <hr/>	Higher in protein: Teff, Amaranth, Quinoa Higher in fiber: Bulgur, brown rice Lower in carbohydrates and calories: Buckwheat, Bulgur, Polenta, Oats, Wild rice Lower glycemic load : Basmati rice Higher in calcium and iron: Amaranth, Teff Higher in omega-3: Quinoa, Wild rice
Pasta <hr/> <hr/> <hr/>	Higher in protein: “Plus” brand (with legume flour), Egg noodles Higher in fiber: Whole wheat Lower in carbohydrates: Egg, Whole wheat Lower in calories: Quinoa
Breads <hr/> <hr/>	Look for whole grain breads that contain at least 3 grams of fiber per serving.
Cereal <hr/> <hr/> <hr/>	Look for cereal with less than 5g of sugar and 5g or more of fiber per serving.
Flour <hr/> <hr/> <hr/>	White whole wheat flour offers all the nutritional advantages of whole grain flour but is lighter in flavor and texture. When modifying recipes, white whole wheat flour makes a better substitute for than regular whole wheat flour.
Oils <hr/> <hr/> <hr/> <hr/>	Best for overall nutrition: Extra-virgin olive oil Best for neutral flavor: Canola (expeller pressed) Best for gourmet touches: Hazelnut, Walnut Best for high heat cooking: Palm kernel, high-heat canola
Vinegar <hr/> <hr/> <hr/>	If you're trying to keep it simple, cider and balsamic vinegar will cover most of your needs. Salad dressings made with milder vinegars like balsamic and rice vinegar require less oil. Herb and fruit vinegars add flavor and interest to sauces and salad dressings
Salad Dressing <hr/> <hr/> <hr/>	Choose vinaigrette-style dressings made with recognizable ingredients. Avoid thick, creamy salad dressings and those with lots of artificial additives. Mayonnaise made with canola or olive oil is a better choice than mayonnaise made with soybean oil. If calories are a concern, choose light (not fat-free) mayo and look for the brand with the fewest artificial ingredients.

<p>Sweeteners</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Sugar</p> <ul style="list-style-type: none"> ✍ Least Refined: Raw sugar ✍ Best Substitute for White Sugar: Evaporated Cane Juice ✍ Most Eco-friendly: Organic <p>Liquid Sugar</p> <ul style="list-style-type: none"> ✍ Most Nutrients: Molasses ✍ Lowest in Calories: Maple Syrup ✍ Least Effect on Blood Sugar: Agave, Honey <p>Artificial Sweeteners</p> <ul style="list-style-type: none"> ✍ Most Natural/Safest: Stevia, Erythritol ✍ Best (but not ideal) for Baking: Erythritol, Sucralose ✍ Least Aftertaste: Erythritol, Sucralose
<p>Spices and Seasonings</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Salt</p> <ul style="list-style-type: none"> ✍ Unrefined (gourmet) salts contain trace minerals and can be lower in sodium than refined salt. ✍ When sprinkling salt on top of a finished dish, kosher salt gives you more flavor with less sodium. ✍ If you prefer not to use iodized salt, be sure there are other sources of iodine in your diet. ✍ Potassium chloride is a safe and natural option for those who need to avoid all sodium. It tastes salty, but can have a bitter or metallic aftertaste. <p>Super Spices</p> <ul style="list-style-type: none"> ✍ Antioxidant activity: clove, allspice ✍ Blood sugar control: cinnamon ✍ Anti-inflammatory activity: curry powder, turmeric, ginger, garlic ✍ Appetite regulation: red pepper flakes, cayenne pepper
<p>Nuts, Seeds, and Nut Butters</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Look for butters made with ground nuts or seeds and not much else.</p> <p>Higher in protein: peanuts, pumpkin seeds Higher in fiber: chia, flax, almonds Higher in phytosterols (cholesterol-lowering compounds): sesame, sunflower, pistachio Higher in omega-3s: flax, chia, walnuts Higher in calcium: sesame, chia, almonds Lower in fat and calories: chestnuts, pumpkin, cashews</p>
<p>Dried Fruit</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>High in antioxidants: blueberries, cherries, apricots Higher in fiber: persimmons, apples, figs Lower in sugar: apricots, prunes, figs Higher in iron: apricots, prunes</p>
<p>Dried beans</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Higher in protein: White (by a small amount) Higher in fiber: navy, pinto, black, cranberry, Lower in calories and carbohydrates: Fava, lentil, split pea Higher in iron: white, lentil, garbanzo, Higher in folic acid: cranberry, lentil, garbanzo, pinto</p>
<p>Canned Vegetables</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>To reduce BPA exposure, use fresh or frozen vegetables and dried beans rather than canned vegetables and beans whenever possible. Buy tomatoes in glass jars or aseptic packaging.</p>