

## **Supermarket Strategies**

What is a "healthy" food?

- A "healthy" food must be low in fat ( $\leq 3$  g per serving) and saturated fat ( $\leq 1$  g per serving) and contain limited amounts of cholesterol (60 mg per serving) and sodium ( $\leq 480$  mg per serving).
- If a serving is 30 g or less or 2 tablespoons or less, then the nutrient restrictions are based on a 50 g portion.
- In addition, if it's a single-item food, it must provide at least 10 percent of one or more of vitamins A or C, iron, calcium, protein, or fiber. Exempt from this "10-percent" rule are certain raw, canned and frozen fruits and vegetables and certain cereal-grain products. These foods can be labeled "healthy," if they do not contain ingredients that change the nutritional profile, and, in the case of enriched grain products, conform to standards of identity, which call for certain required ingredients.
- If it's a meal-type product, such as frozen entrees and multi-course frozen dinners, it must provide 10 percent of two or three of these vitamins or minerals or of protein or fiber, in addition to meeting the other criteria.
- The sodium content cannot exceed 360 mg per serving for individual foods and 480 mg per serving for meal-type products.

To break it down, ask these questions:

- Does the food have less than 3 grams of fat per serving?
- Does the food have less than 1 gram of saturated fat per serving?
- Does the food have under 60 mg per serving of cholesterol?
- Does the food have less than 480 mg of sodium per serving of meal-type products or less than 360 mg per serving for individual food items?
- Single item food - Does the food provide at least 10% of one of the following? Vitamin A, Vitamin C, iron, calcium, protein, or fiber? (excluding fruits, veggies, and some grain products)
- Meal-type food- Does the food provide at least 10% of one or two of the following? Vitamin A, Vitamin C, iron, calcium, protein, or fiber?

### Terms to know:

**Low Sodium:** 140 mg or less per serving

**High Fiber:** 5 g or more fiber per serving

**Low Fat:** 3 g of fat or less per serving

**Low Saturated Fat:** 1 g or less of saturated fat and less than .5 g trans fat per serving

**Trans-fat Free:** Less than .5 g of trans fat and less than .5 grams saturated fat per serving

**Low Cholesterol:** 20 mg or less cholesterol per serving and 2 g or less saturated fat and trans fat combined per serving

### General Terms:

**Less-** at least 25% less of a given nutrient per serving of a given food

**High-** 20% or more of a Daily Value for a given nutrient per serving

**Good source of** – product provides between 10-19% of the Daily Value for a given nutrient

**Light or Lite-** 1/3 fewer calories or 50% less fat or sodium than the comparison food

## **Categorical Guidelines**

### Breads

#### GOALS:

$\leq 3$  g fat;  $\leq 1$  g saturated fat;  $>2.5$  g fiber

Primary goal for bread: High fiber, low sugars. First ingredient whole wheat flour.

### Shopping Tips:

Choose breads and bakery products that are “whole grain.” This means that all three healthful parts of the grain are used – the bran, germ, and endosperm – and the resulting product is higher in fiber. Foods with 5g of fiber per serving or more are considered “high fiber”.

Look at the Ingredient Statement and choose foods that list “whole grain” as the first ingredient, such as whole grain wheat, oats, barley, or corn. Check the Nutrition Facts and choose foods with 2.5 grams of dietary fiber or more.

## **Seasonings and Condiments**

CONDIMENT GOALS: < 1 g fat; < 360 mg sodium.

SEASONING GOALS: Look for seasonings that do not contain added salt. The Nutrition Facts box should list 0 grams of sodium.

### **FYI**

The Dietary Guidelines for Americans recommend that we choose a diet moderate in salt and sodium due to the association between sodium and high blood pressure. The Guidelines recommend consuming less than 6 grams of sodium chloride (salt) each day. That is equivalent to approximately 2400mg of sodium or about 1teaspoon salt per day.

### **Preparation Tips**

Choose fresh herbs and spices for the best flavor. If you don't have fresh herbs, use the following substitutions:

1 teaspoon dried leaves (basil, dill, tarragon, thyme for 3 teaspoons fresh chopped herb leaves.

1 teaspoon dried leaves (sage, rosemary, marjoram, mint, oregano) for 2 teaspoons fresh chopped herb leaves.

For condiments, look for

## **Beverages**

GOAL: 0 g fat; no added sugar, low sodium

### **Label Tip**

Look for only 100% fruit juices rather than fruit flavored drinks, "fruitades", or fruit punch. To be considered fruit juice beverages must contain 100% fruit juice. Juices labeled with less than 100% juice usually contain added sugars and have more calories.

The Dietary Guidelines for Americans recommend that we choose a diet moderate in sugars due to the fact that refined sugars add excess calories to our diet and can cause tooth decay. So, check out the amount of sugar in a beverage and try to select those lowest in sugar. Remember that 5 grams of sugar is equal to 1 teaspoon of sugar. You can also read the ingredients list and look for other names of sugar like:

□ Corn syrup, corn sweetener, fructose, glucose/dextrose, high-fructose corn syrup, invert sugar, lactose, maltose, raw sugar, sucrose, syrup, fruit juice concentrate, honey

## **Meat**

GOAL: Extra Lean < 5 g fat, < 2 g saturated fat, < 95 mg cholesterol)  
(Portion Size = 3.5 oz)

### Shopping Tip

Choose Lean or Extra Lean meats. Here are some examples:

Beef – Tenderloin, Round Steak, Eye of Round, Sirloin Steak, Flank Steak, and Extra Lean Ground Beef (93% fat-free or higher).

Game – Buffalo, Elk, Rabbit, Emu, Ostrich, Venison, pheasant

Lamb – Leg, Loin Chops, or Shank.

Pork – Tenderloin, Loin Chops, 95% Fat Free Ham, or Canadian Bacon

Poultry – Chicken or Turkey Breast

### Label Tip

The criteria for a Lean or Extra Lean meat (100 grams or 3.5 oz raw) are:

	Lean	Extra Lean
Fat (g)	≤ 10	≤ 5
Saturated Fat (g)	≤ 4.5	≤ 2
Cholesterol (mg)	≤ 95	≤ 95

### Preparation Tip

Use low fat preparation methods for meats – broil, bake, braise, roast, or grill. To cook use marinades with no or little oil, cooking spray, or broth to cut down the fat content. Also, be sure to remove visible fat from meat and poultry and remove the skin from poultry. This simple step will also decrease fat in the meal.

## **Fats and Oils**

### **GOALS FOR MARGARINE/SPREADS:**

< 1 g saturated fat \* Claims Trans Fat-Free

Portion Size = 1 tablespoon

### **GOALS FOR OILS**

< 2 g saturated fat; more monounsaturated than polyunsaturated fat-or-equal amounts of monounsaturated and polyunsaturated fat

Portion Size = 1 tablespoon

Note: While these oils are low in saturated fat, they're high in total fat and should be used in moderation.

## **Snacks**

### Shopping Tip

Snacks are an important part of our diet. But we want to be sure to choose wisely. Stay away from the snack aisle when buying snacks unless you know exactly what to buy—pretzels, rice cakes, etc. You may be tempted to buy those less nutritious snacks. Instead, look for snacks in the produce section, cereal aisle, cracker aisle, or dairy case.

### Label Tip

#### **GOALS FOR CHIPS**

≤3 g fat; ≤1 g saturated fat

Portion Size = 1 oz

#### **GOALS FOR CRACKERS**

≤3 g fat; ≤1 g saturated fat

Portion Size varies, check the label

Look for snacks and crackers that are low fat—less than 3 grams of fat per serving. Also, try to find snacks such as crackers that are free of Trans Fats. Remember, to estimate the amount of Trans Fat, add the grams of saturated, polyunsaturated, and monounsaturated fats listed on the label and subtract this amount from the Total Fat. Also, check your ingredients label for partially hydrogenated oils or shortening.

## **Cereals and Breakfast**

### **GOALS FOR BREAKFAST BARS/PASTRIES**

(<3g fat)

Portion Size = 1 bar

### **GOALS FOR CEREALS (COLD OR HOT)**

<3g fat; >2.5g fiber

Portion size = 1-oz, but varies from 1/3 cup to 1-1/2 cup, check the label

Primary goal for cereal: High fiber, low sugars, no saturated or trans fats. If there is any added fat, it should be from nuts/seeds.

## **Sauces, Soups, Salad Dressings**

### **GOALS FOR PASTA SAUCE: $\leq 3$ g fat; $\leq 1$ g saturated fat**

Portion Size = 1/2 cup unless otherwise stipulated, check the label

### **GOAL FOR SALAD DRESSING: $\leq 3$ g fat; $\leq 1$ g saturated fat**

Portion Size = 2 tablespoons

### **GOAL FOR SOUPS: $\leq 3$ g fat**

Portion Size = 1 cup prepared

\*Watch out for "High in Sodium" options (greater than 600 mg)

## **Shopping Tip**

The Dietary Guidelines for Americans recommend that we choose a diet moderate in salt and sodium. The Guidelines recommend consuming less than 6 grams of sodium chloride (salt) each day. That is equivalent to approximately 2400mg of sodium or about 1teaspoon salt per day. Look closely for foods with the following on their labels when shopping:

**Sodium-free** -- less than 5 milligrams of sodium per serving

**Very low-sodium** -- 35 milligrams or less per serving

**Low-sodium** -- 140 milligrams or less per serving

**Reduced sodium** -- usual sodium level is reduced by 25%

Watch the sodium in soups, dressings, and sauces. Look for low sodium items that contain less than 140 mg per serving

#### Label Tip

The Dietary Guidelines for Americans recommend choosing a diet low in fat. Specifically, no more than 30% of total calories should come from fat. In a 2000 calorie diet that would be about 600 calories from fat or about 65g of fat per day. Eating too much fat can greatly increase calorie intake. High fat diets are associated with increased risk of heart disease, obesity, and cancer.

Look for a salad dressing that has 3 grams or less of total fat per serving.

### **Desserts**

GOAL FOR DESSERTS:  $\leq 3$  g fat

Portion Size = 1/2 cup

#### Preparation Tip

It is hard to think of a dessert that's healthy and nutritious. But use skim milk, evaporated skim milk, non-fat dry milk, or calcium fortified soymilk to make custards or puddings lower in fat without losing any of the bone building calcium. Remember, the Dietary Guidelines for Americans recommend a diet low in fat (30% of daily calories) as well as a diet that includes foods rich in calcium.

#### Shopping Tip

Antioxidants, such as Vitamin C and Vitamin A (carotenoids), are nutrients found in fruits and vegetables that protect the body tissues against damage from cancerous agents. The American Cancer Society recommends the consumption of at least 5 fruits and vegetables each day to prevent cancer.

Fruit based desserts made with fresh, canned or frozen fruits are a good choice. Not only will they be lower in calories but also they will contain some extra vitamin A and/or C.

### Label Tip

To follow a low fat diet, look for desserts that are low in fat (less than 3 grams fat per serving) or mixes that have alternative low fat preparation instructions.

## **Entrees**

### **GOAL FOR ENTREES:**

≤ 30% fat, ≤ 10% saturated fat, ≤ 90 mg cholesterol, ≤ 600 mg sodium, ≤ 300 calories per serving

Portion Size = 1 item unless otherwise stipulated, check the label.

### **GOAL FOR SIDE DISHES:**

< 3 g fat; < 1 g saturated fat

Portion Size = 1/2 cup cooked

## **Produce**

### **GOAL FOR FRUITS**

0g fat; no added sugar

### **GOAL FOR VEGETABLES**

≤3g fat

Portion Size = 1 cup raw, 1/2 cup cooked

### Preparation Tip

To freeze fruits like grapes, berries, banana, or peach slices, lay the pieces on a cookie sheet so they can freeze individually without sticking together. Transfer frozen fruits to airtight containers or freezer bags and keep frozen until ready to use.

### Shopping Tip

Buy Wisely – Seasonal fresh fruits and vegetables may be priced lower and contain more flavor and nutrients. Frozen, canned, and dried fruits and vegetables are also rich in nutrients.

## **Dairy and Eggs**

### **GOAL FOR MILK:**

$\leq 3$  g fat;  $\leq 1$  g saturated fat

Portion Size = 1 cup or 8 oz

### **GOAL FOR CHEESES:**

$\leq 3$  g fat;  $< 480$  mg sodium

Portion Size = 1 oz or 1 slice

### **GOAL FOR YOGURT**

$< 1/2$  g fat

Portion Size = 1 cup

### **GOAL FOR EGGS/EGG PRODUCTS**

$\leq 3$  g fat;  $\leq 1$  g saturated fat; 0 mg cholesterol

Portion Size = 1 egg or equivalent

## **Beans**

### **GOAL FOR LEGUMES/BEANS**

$\leq 3$  g fat;  $\leq 480$  mg sodium

Portion Size =  $\frac{1}{2}$  cup cooked