

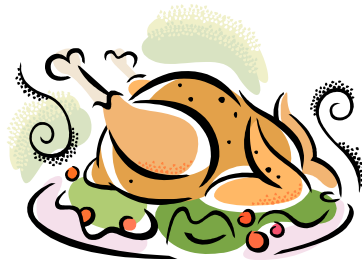
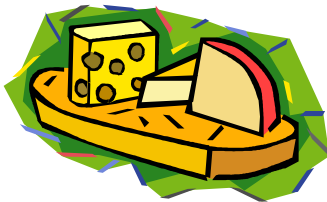


Take a Walk on the **Aisle Side**

With

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(Adapted from Hilary Horton-Brown RD,LD)



First things first:

- Start with a list. Create it according to food group, store layout or your menu plan.
- Incorporate sale items into your menu; be flexible. Check coupons and specials from the newspaper before you create your menu plan for the week.
- Of course, DON'T SHOP HUNGRY!
- Shop the perimeter first. Food groups and “whole” foods are located here.
- Be smart regarding eye catching areas. The first few aisles of a store and the checkout counters often display “impulse buys”. These trigger foods are also strategically located at eye level throughout the store. Ask yourself: Was the item on my list? Is it healthy? Is it really a better deal than similar products elsewhere in the store?
- Become a label reader. Check serving size, total calories per serving, total fat per serving, and saturated fat per serving. It can also be enlightening to notice grams of sugar and fiber per serving. And remember, ingredients are listed on the label in order by weight from most to least.
- Be careful of being tempted by “low fat” or “low sugar” items throughout the store. do they really have fewer calories than their counterparts? Are they “junk” anyway?

Fruits/Vegetables/Produce Section:

- Load up! Fresh, frozen, or canned depending on budget, tastes and season. We need to be eating 8-10 servings from this area every day. A serving size is approximately the size of a small fist.
- Bright and deep colored produce items are full of antioxidants, fiber and nutrients. (We need approximately 25 grams of fiber per day.) These foods are also naturally low in calories.
- Shop seasonally!

- Purchase local produce whenever possible. Time, heat and water are the three things that destroy valuable nutrients. The closer you can eat “to the source” the more nutritious your food will be.
- Produce is often freshest at the end of the work week.
- Organic can be great, but it usually costs more and isn’t ALWAYS the most nutritious.
- Frozen vegetables are very nutritious and really easy. You can add them to any meal and don’t have to do any prep work. What fits your lifestyle?
- Make sure juices are 100% pure juice. And remember, they have no fiber.

Meat/Protein Section:

- We only need 2-3 servings of protein foods per day, whether they come from animal sources or plant sources.
- A serving of meat is about the size of a deck of cards. Four ounces of raw meat becomes three ounces of cooked meat.
- Reducing the amount of meat and increasing the vegetables in your meals makes them lower in calories and higher in nutrients.
- Think of your protein as a “flavoring” rather than as the main course for most meals.
- Select meat has the lowest amount of fat, followed by choice and prime.
- The color of meat indicates freshness. Pork should be a grayish pink; beef should be bright red with no grayish areas. Raw meat does not last long in the fridge, so use it or freeze it immediately.
- Double bag raw meat. Don’t let it touch other groceries, especially produce.
- Consider all other protein sources as well. Legumes (beans) are an excellent source as are nuts and seeds. Dairy foods also contain protein.
- Eggs are an exceptional protein source. If large eggs are more than 7 cents more than the next smaller size, get the next smaller size.
- Regular burger can be cooked, then rinsed with hot water (use your salad colander) and it becomes as lean as chicken breast. Do this with family packs of burger when they are on sale, then season some as taco meat (add a can of black beans!), some as spaghetti sauce (add

extra chopped veggies in the sauce!) and some as Sloppy Joe mix (again, chop vegetables very fine and throw them in with the meat and seasoning!). Freeze in baggies and use throughout the next few weeks.

- Fish is very good for us, although it can be expensive. It should not smell fishy when you purchase it. Eat wild fish whenever possible. Mercury is a concern, but currently the benefits of eating fish are thought to far outweigh the mercury consumption concerns. Try to eat two servings per week.

Dairy Section:

- We need the protein, calcium and other nutrients provided by this group. Two to four servings per day are recommended. Other calcium and protein sources can be found if a person does not want to eat dairy.
- Soy milk and rice milk are options; make sure they are calcium fortified and shake them vigorously each time you have some.
- Go for low fat or no fat milks, cheeses and yogurts whenever possible. A good goal is less than 3 grams of fat per 8 ounce serving of dairy food. (Or any food, for that matter.)
- Ice milk, fat free ice cream and sherbet have less fat than regular ice cream but more sugar.
- Sharp cheeses have intense flavors. Use less of them than regular cheese and still get great tasting dishes.
- Hint: mustard enhances the flavor of cheese. In appropriate recipes add a dash of mustard powder and you will be able to use less cheese without compromising flavor.
- Always check the “sell by” and “use by” dates on packages.

Grains/Starches Section:

- Our diets should contain 6-11 servings from this area. Make as many of them whole grain as possible. Look at labels of breads, cereals, etc. and make sure the first ingredient on the list is a WHOLE grain. (Not refined, not enriched; the first word needs to be WHOLE!)

- Bakery goods are usually freshest at the end of the work week.
- Watch your serving sizes, especially with items like muffins and bagels. With our “super size me” culture, these items are often actually worth about 3 or 4 grain servings each!
- Great sources of complex carbohydrate to satisfy the needs from this food group are: rice, whole grains, potatoes, pastas (perhaps try whole grain pasta mixed with regular pasta to see if the family likes the taste), whole grain breads, whole grain cereals, whole grain tortillas, and whole grain crackers.

Bulk Foods:

- Make your own trail mix with healthy nuts, seeds and dried fruit. Add a favorite healthy cereal to balance it out. It’s the perfect blend of protein, carbohydrate and heart healthy fat.
- Whole grains are delicious and full of vitamins, minerals and fiber. Here’s a chance to purchase different kinds of grains in small quantities to see what your palette enjoys. Try mixing half of your usual white rice with half bulgur wheat, brown rice, quinoa, or barley. Experiment to see what you and your family like.
- Legumes (beans) are excellent for us as well. Many kinds of dried beans can be found in the bulk section. Make soups, taco toppings, casseroles, etc. inexpensively with these wonderful protein and fiber sources.
- The bulk candy and snack section gives us an opportunity to buy ourselves a small treat rather than purchasing a big bag of goodies. Portion control will already be taken care of when you arrive home for your treat.
- Seasonings are one of the best things about the bulk section! So many different herbs and spices are available at such a little cost; it allows us to experiment and branch out with our cooking.

Walking Those Middle Aisles:

- Many of these aisles are danger areas, full of foods with very little nutritional value. These foods are often also binge foods and foods that we wish we hadn’t consumed once we are finished with them.

Totally avoid aisles such as the potato chip aisle, candy aisle and soda pop aisle if you know you cannot resist these foods. Out of sight, out of pantry, out of mind and out of diet!

- The canned goods aisles can be really healthy and are great on the budget. Just add a bag of frozen veggies and some seasoning to a can of soup. Have a whole can of green beans with your dinner. Toss a couple of cans of drained garbanzo beans, some minced garlic and approximately ½ teaspoonful of sesame oil for quick and delicious hummus. Blend 2 cans of drained black beans with cumin or other favorite ethnic seasoning to make an awesome bean dip for veggies and quesadillas. Rinse canned fruit for use if it is on sale.
- NEVER buy bulging cans.
- Buy in “family size” containers only if you can store and will use the product.
- Generic products usually have smaller pieces than name brand products. They will also usually be located lower on the shelf, leaving the eye level shelves for name brand items. Generic products are safe and usually taste the same as their counterparts. In what areas of your pantry could you go generic to save a few dollars?
- Your best oils are canola and olive oils. Keep them in a cool dark place (the fridge would be great if there is room). Time and heat play a role in the quality of these products.
- Beware trans fats! Beware saturated fats! Beware high sodium! Beware high sugar!

Bottom Line:

Aim for whole foods, more natural foods, foods that are less processed. Learn to play with spices and herbs and new foods to satisfy your cravings and your palates. Learn to compare labels and prices so that you are purchasing the groceries that best fit your needs and your budget every time you go to the store.

Get involved with your food supply. Food is our fuel, we can't run without it and we run best on high grade formulas. Decisions made in the aisles last for the rest of the week and affect our entire life. Let's commit to making good nutrition our lifestyle. The benefits will be well worth the efforts!

Enjoy your new aisle knowledge!

Quick and Easy Walk the Aisle Recipes

Trail Mix

- *Toasted oats cereal*
- *Soy nuts*
- *Sunflower seeds*
- *Walnuts or Almonds*
- *Pumpkin seeds*
- *Raisins*

Extreme Yogurt

- *Mix low fat yogurt and fruit with favorite whole grain cereal.*

Extreme Eggs

- *Eggs are a great source of protein. Scramble with veggies and cheese and enjoy plain or on a tortilla!*

Taco Soup

- *1 bag mixed vegetables*
- *2 cans vegetable soup*
- *1 can diced tomatoes*
- *1 can kidney beans*
- *taco seasoning to taste*
- *1 ½ cups water*

“Helper” Meals

- *Mix Hamburger or Tuna Helper, minus the oil, plus 1 big bag of frozen veggies and any favorite seasonings.*

Quesadillas

- *Tortilla*
- *Shredded cheese*
- *Salsa*
- *Sliced red or green peppers*
- *Diced or shredded chicken*

Southwestern “Topper”

- *1 lb ground beef, cooked and rinsed*
- *1 can corn*
- *1 can black beans*
- *Taco seasoning or salsa to taste*

- Options: *diced tomatoes, cilantro, lettuce, diced pepper*
 - ~Use on potato, rice or in a tortilla!

ETHNIC SEASONINGS

Ethnic cuisines high in flavor yet low in fat, calories, and sodium offer the opportunity to explore new tastes. Turn everyday fare into international treats with these flavors from around the world:

Mexican: cayenne pepper, chili powder, cilantro, cinnamon, cumin, garlic powder, jalapeno peppers

Italian: anise, basil, crushed red pepper, fennel, garlic powder, oregano, rosemary, sage

Chinese: Chinese 5-spice, crushed red pepper, garlic powder, ground ginger, sesame see, white pepper, whole red chilies

Thai: basil, cilantro, cinnamon, crushed red pepper, garlic powder, ground ginger, mint, turmeric, whole red chilies

Greek: cinnamon, dill weed, garlic powder, mint, onion powder, oregano, paprika

Seasonal Fruits and Vegetables

Winter- Dec/Jan/Feb

Avocados, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Grapefruit, Greens, Wild Mushrooms, Mandarin Oranges, Pears, Spinach, Sweet Potatoes

Spring- March/April/May













Asparagus, Avocados, Basil, Beans, Beets, Berries, Broccoli, Cabbage, Chinese Cabbage, Cucumbers, Radishes, Head Lettuce, Mangoes, Sweet Oranges, Papayas Peas, Chile Peppers, Sweet Peppers, Rhubarb, Shallots, Spinach, Summer Squash, Turnips

Summer- June/July/Aug

Apricots, Basil, Beans, Beets, Berries, Cherries, Corn, Cucumbers, Dates, Figs, Grapes, Mangoes, Melons, Peaches, Chile Peppers, Sweet Peppers, Plums, Summer Squash, Tomatoes, Watermelon

Fall-Sept/Oct/Nov Apples, Broccoli, Brussels Sprouts, Cabbage, Chinese Cabbage, Cauliflower, Cranberries, Cucumbers, Dates, Grapes, Greens, Head Lettuce, Leaf Lettuce, Mushrooms, Nuts

Simple Suggestions for Stocking Your Pantry

Freezer	Refrigerator	Cupboard
<ul style="list-style-type: none"> ▪ Chicken tenders ▪ Cooked shrimp ▪ Lean ground beef ▪ Lean pork chops ▪ Pre-cut meat for stir-fry ▪ Soy and garden burgers  ▪ Bread  ▪ English muffins ▪ Muffins ▪ Tortillas ▪ Stir-fry mixes ▪ Sorbet  ▪ Frozen fruit or vegetables ▪ Precooked pasta or rice ▪ Egg substitute 	<ul style="list-style-type: none"> ▪ Whole-wheat bread ▪ Fresh fruit such as apples and oranges ▪ Fresh vegetables such as  pre-washed salad and baby carrots ▪ Juice ▪ Milk  ▪ Soymilk ▪ Rice milk ▪ Yogurt ▪ Eggs  ▪ Sauces and condiments ▪ Lean deli meat ▪ Salsa ▪ Tub margarine ▪ Low-fat cottage cheese ▪ Cheese  	<ul style="list-style-type: none"> ▪ Regular and whole wheat pasta  ▪ Rice  ▪ Brown rice ▪ Couscous ▪ Pilaf ▪ Canned beans  ▪ Canned tuna ▪ Peanut butter ▪ Instant stuffing mix ▪ Low-fat or whole-wheat crackers ▪ Cold cereal ▪ Oatmeal or other hot cereal ▪ Dried fruit ▪ Granola bars ▪ Canned or instant soup ▪ Pretzels  ▪ Nuts ▪ Fig Newtons ▪ Seasoning mix  ▪ Potatoes ▪ Protein powder and bars

Last Note: Three simple tools will make cooking a lot easier. You can make just about anything if you have a microwave, a blender, and an indoor grill such as a George Foreman.

MASTER GROCERY LIST for Busy People!



Dairy Foods:

Puddings

Light yogurt

Instant Breakfast Drinks

Chocolate and low fat milk

String cheese or low fat cheese squares

Cottage Cheese (top with fruit or use on baked potato)

Quesadillas (tortilla, cheese and salsa – ready in seconds)

Smoothies (use ice, canned or fresh fruit, milk or yogurt, and 2 T orange juice)



Protein Foods:

Jerky

Tuna

Hummus

Bean dip

Bean soups

Peanut butter

Salmon (canned)

Whole, precooked chicken

Turkey ham (have the deli slice it)

Batch cook casseroles and other favorites.

Protein foods are safe in your fridge for about 3-4 days.

Nuts/seeds/trailmix. Try Winco bulk foods to save money

Eggs (boiled, egg salad, scramble in microwave and make burritos)



Fruits:

Applesauce

"All fruit" fruit roll-ups or fruit leather

Canned in light syrup

Fresh fruit (think seasonal!)

Apple or pear with peanut butter or cheese

Dried fruit (on cereal, in trail mix, quick handful for a pick-me-up)

Juice (be careful! High in calories and can cause blood sugar fluctuations!)



Vegetables:

Canned or frozen are usually quickest

Celery with peanut butter or light Cream Cheese

Salsa (it takes half a cup to count as a veggie serving!)

Microwave a whole potato or yam, top with cheese and sunflower seeds

Cut and prepare fresh ones ahead of time to munch on throughout the week

Buy bag of frozen vegetables and mix with cans of favorite soup



Grains:

Pretzels

Breakfast bars (watch sugar content)

Rice and whole grains cooked in steamer with veggies

Cereal (hot or cold, in a bowl with milk or dry as a snack)

Popcorn – Microwave ¼ c regular popcorn in a brown paper bag

Try vanilla wafers, graham crackers, fig newtons, or oatmeal cookies

Make sure "whole grain" is the first words on the ingredient list of breads, pitas, bagels, crackers and cereals

Pasta salads (either batch cook pasta or boxed versions) with vegetables and lean proteins