



## Protein

### Plant Proteins

- Eat legumes (beans+soy) several times per week.
- Whole grains also contain healthy proteins.

### Fish

- Fish is usually healthier than meat. Choose smaller fish high in Omega-3 oils: salmon, sardines, etc.
- Avoid fried, battered, processed fish.

### Meat & Poultry

- Buy hormone & antibiotic free when possible.
- Eat beef rarely, in small portions. Leanest cuts have "round" or "loin" or "flank" on package.
- Choose chicken or turkey sausage with under 6g fat per link; limit sodium to 400mg per serving.

### Eggs & Milk

- Buy eggs with at least 100mg of Omega-3 oils/egg.
- Choose skim or 1% milk if you drink milk.

### Yogurt (per 8 oz serving)

- Under 20g sugar if no fruit; under 26g with fruit
- At least 30% Daily Value of calcium
- Choose low-fat or fat-free.



## Oils & Butter

### Cooking Oil

- Your body needs GOOD fats!
- Use oil instead of butter or shortening.
- Canola and virgin olive oil are best.
- Buy "cold-pressed" or "expeller-pressed."

### Butter, Margarine, Shortening

- No transfats (hydrogenated oils).  
Avoid all shortening and most margarines!
- Butter in small amounts is not a terrible thing.

### Salad Dressing

- Made with olive, canola or soybean oil
- No transfats (hydrogenated oils)
- Enjoy good oils: a little oil helps nutrients in your salad get utilized by your body.

Grocery Guides can be ordered on our website.

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*Caution: If you are pregnant or under care for a medical condition, consult your doctor before following the Grocery Guide.*



*Our pocket Grocery Guide details the healthiest food choices available in most stores. Use these ideals to set your own personal priorities to meet these four goals:*



Eat good unsaturated fats instead of transfats and saturated fats.



Eat whole grains instead of refined grains.



Eat healthier proteins: Nuts, beans, fish and chicken instead of red meat.



Eat plenty of fruits and vegetables. And then eat some more.



## Fruits & Veggies

### You can't go wrong. Just eat more.

- Eat them all; eat lots and lots of them. Aim for 6-9 servings per day.
- Eat a rainbow: Different colors signify different nutrients.

### Fresh, Canned, or Frozen?

- Fresh & frozen usually have more nutrients than canned.
- Check canned and frozen foods to avoid added sugar, salt, and hydrogenated oils.

### Juice

- 100% fruit juice—not juice drinks or cocktails
- No added sugar (except in cranberry juice)
- Eat whole fruits instead of juice when possible, to get fiber.
- Just plain old water makes a great drink, too!



## Grains

### Breads, Rolls, Pasta

- First ingredient is whole grain
- No transfats (hydrogenated oils)
- At least 3g of fiber per serving
- At least 4g of protein per serving

### Rice

- At least 4g of protein per serving
- At least 2g of fiber per serving  
(Hint: This means use brown rice!)

### Side Dishes

- Try bulgur, barley, quinoa and other whole-grain dishes as an alternative to potatoes.

### Breakfast Cereals (hot or cold)

- First ingredient is whole grain
- No transfats (hydrogenated oils)
- At least 3g of fiber per serving
- At least 3g of protein per serving
- Check sugar: each 4g=1 teaspoon sugar!  
(extra OK if from dried fruit in the cereal)



## Snackfood

### Nuts & Popcorn

- Unsalted nuts make a great snack, especially mixed with dried fruit
- Home-made air-popped popcorn is great too.

### Crackers

- First ingredient is whole grain
- No transfats (hydrogenated oils)
- At least 3g of fiber per serving
- Most commercial crackers have transfats.  
Try your health food store for better crackers.

### Chips & Pretzels

- Choose baked chips, not fried; eat sparingly.
- No transfats or artificial fats (no Olestra!)
- Keep sodium < 200mg – most pretzels too salty.

### Cookies

- No transfats (hydrogenated oils)
- Look for nutrients: nuts, raisins, whole grains, applesauce, carrots, etc.
- Most commercial cookies have transfats.  
Make your own nutrient-dense cookies!