



# Nutrition

# Times

Prepared monthly by local dietitians from  
Alberta Health Services, Nutrition Services

## Grocery Shopping the Healthy Way

To grocery shop the healthy way you need to plan ahead and read food labels. The tips below will help you become a healthy shopper!



### Do a Shopping Cart Makeover!

**Vegetables and Fruit** → Add more color and crunch to your cart

- Buy a mixture of produce that is in season for freshness and to save money
- Pick brightly coloured produce – like carrots, berries, peppers, or squash

#### Shopping List

- ✓ Vegetables and fruit canned in water or canned with no salt added
- ✓ 100% fruit juice (limit to ½ cup a day)
- ✓ Save money with frozen vegetables and fruit without added sugar, sauce or salt

**Grain Products** → Follow your nose to freshly baked goods

- Look for products with less than 3 grams of fat and more than 2 grams of fibre per serving
- Choose items that are trans fat free and low in salt
- Choose whole grains and whole wheat

#### Shopping List

- ✓ Hot or cold cereals with 2 grams of fibre and 8 grams of sugar or less per serving
- ✓ Whole grain breads, buns, English muffins or pita
- ✓ Brown or wild rice, oats and barley
- ✓ Whole grain pasta
- ✓ 100% whole grain crackers

**Milk and Alternatives** → You can find lots of healthy choices in the cooler aisle

- Look for low fat or fat free milk products
- Choose products with no sugar added

#### Shopping List

- ✓ Skim, 1% or 2 % milk or fortified soy beverage
- ✓ Low fat and low sugar yogurt and cottage cheese
- ✓ Hard cheese 20% MF or less

## Meats and Alternatives → Choose meat, poultry and fish with the veggies on your plate.

- Eat fish at least 2 times each week
- Use leftover meat from the dinner before, like roasted meat, fish and poultry, in sandwiches - instead of high fat, high salt deli meats
- Limit processed meats such as hot dogs and bacon
- Have meat alternatives like dried, cooked beans, lentils, and tofu often

### Shopping List

- ✓ lean or extra lean ground beef, turkey or chicken
- ✓ fresh or frozen fish that is not battered or breaded
- ✓ canned fish packed in water
- ✓ dried or canned beans, split peas, and lentils
- ✓ unsalted nuts and seeds, peanut butter or other nut butters

## Read Nutrition Labels

### Look at the Nutrition Facts table

Percent Daily Value (%DV) can be used to see if food has a little or a lot of a nutrient

- 5% or less is a little
- 15% or more is a lot

### Compare labels on packaged foods to choose the healthiest ones:

Choose foods with less fat, sodium and added sugar

Choose foods with more fibre, whole grains, iron and calcium

### Look at the ingredient list

Is the first ingredient salt, sugar, oil, or fat?

- If yes, choose a new food or use that food in small amounts

Nutrition Facts	
Per 3/4 cup (30 g)	
Amount	% Daily Value
Calories 110	
Fat 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
Cholesterol 0 mg	
Sodium 190 mg	8 %
Carbohydrate 24 g	8 %
Fibre 5 g	20 %
Sugars 3 g	
Protein 3 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 30 %

## Upcoming Classes

**Living Healthy Program: Weight Management Series** call [Medicine Hat](#) 403-529-8969, [Brooks](#) 403-793-6659.

**Brooks: Infant Feeding Class** March 4<sup>th</sup> 10am-12pm **Free**, **Picky Eating Class** March 12<sup>th</sup> 6:30pm-8:30pm **Free**;  
**Prenatal Nutrition Class** (monthly) 7pm-9pm. For all classes register at 403-501-3300.

**Medicine Hat: Prenatal Nutrition Class** (monthly) March 4<sup>th</sup>, April 8<sup>th</sup>, Register at 403-502-8215.

**Lethbridge: Building Healthy Lifestyles Classes:** Fat Facts March 4<sup>th</sup> 1:30-3:00pm; Heart Function March 5<sup>th</sup> 19<sup>th</sup> 9:30-11:30pm; Heart Chec Wednesdays 9:00-12:00pm; Basic Diabetes Management March 11<sup>th</sup> 9:00am-12:00pm, March 27<sup>th</sup> 2:00-5:00pm; Getting Started March 12<sup>th</sup>, 26<sup>th</sup> 9:00-11:30pm, March 21<sup>st</sup> 12:30-3:30pm; Laughter Fitness March 20<sup>th</sup> 12:00-1:00pm; Festive Feast March 22<sup>nd</sup> 9:00-11:30pm; Fibre & Salt Smarts March 25<sup>th</sup> 1:30-3:00pm; Flow with your breath March 27<sup>th</sup> 1:00-2:30pm. Register at 403-388-6654.

**Sources:** 1) Best Food Forward: Plan, Shop, Cook, Enjoy! Dietitians of Canada Nutrition Month. March, 2013. 2) Grocery Shopping the Healthy Way. Alberta Health Services.



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