

## **GOOD, BETTER, BEST FOOD CHOICES!**

*Here is a list of suggestions for making better food choices when shopping for your weekly groceries. A definition key of terms follows the chart below.*

FOOD CHOICE	GOOD	BETTER	BEST
<b>Meats</b>			
Beef	Frozen	Fresh	Grass-fed
Poultry (Chicken, Turkey)	Frozen	Fresh	Organic
Fish (Salmon, Trout, Whiting, Tilapia, Cod)	Frozen (wild caught or farm raised)	Farm-raised	Wild Caught
<b>Vegetables</b>			
Corn, tomatoes, broccoli, cauliflower, collard, kale, squash, carrots, onions, garlic	Frozen	Fresh	Organic; locally grown & in season
<b>Fruits</b>			
Apples, melons, oranges, grapes, cherries, berries, bananas	Fresh	Organic, Grown in the USA; locally grown	Organic locally grown & in season
<b>Beverages</b>			
Water	Bottled Spring	Tap*	Filtered Tap
Soda	Low-cal	Sugar free	None!
Juice	100% fruit juice	Fresh Squeeze	Home-made
<b>Carbs</b>			
Rice	Jasmine-white	Basmati	Organic, long-grain brown rice
Potatoes	Frozen, low salt	Fresh, home-fried in light corn oil	Fresh, oven-baked
Pasta	100% whole grain	Vegetable-based	Homemade!
<b>Dairy</b>			
Milk	2% Low Fat	1% Low Fat	Organic Low-Fat
Cheese	White cheeses	Soft white cheeses	Low-fat soft white cheeses
Yogurt	Low fat (with or without fruit)	Organic low fat	Organic, low-fat plain
<b>Snacks</b>			
Popcorn	Low salt	Non-butter	Air-popped, no salt or butter
Chips	Low salt	Baked	Blue corn, not potato or yellow corn chips
Cookies	Low-cal	Made with 100% whole wheat flour	Homemade!

\*If you are concerned about lead in your tap water, you can run the tap on cold water for 1-2 minutes until it gets as cold as it can get.

[www.cdc.gov/healthywater/drinking/private/wells/disease/lead.html](http://www.cdc.gov/healthywater/drinking/private/wells/disease/lead.html)

### ***Definition Key***

#### **Frozen**

Frozen vegetables have been blanched (slightly cooked) before freezing and may contain a small amount of preservative like sodium. Read the label for the sodium content.

Frozen meats (beef, poultry and fish) are either raw or fully cooked before freezing. Cooked frozen meats may contain lots of sodium, so read the label!

#### **Fresh**

Raw meats, fruits and vegetables are considered “fresh”. Fresh foods have the greatest amount of nutrients available but have a short shelf life, so you must eat them within 3 days (for meats) to one week (for most fruits and vegetables) after purchasing them. Be sure to check the label for the expiration dates!

#### **Organic**

Organic foods (meats, fruits and vegetables) are grown or raised with no additives. For fruits and vegetables, the soil that produces the food is free on pesticides and other toxic substances. Organic fruits and vegetables also do not have pesticides sprayed on them or have color dyes added to give them more color.

Organic Meats are raised eating organic foods. These animals may or may not be “free-range”. Some meats that are classified as organic are provided by animals that are caged or fish that is farm raised and not caught in the wild.

Free-range animals are raised with lots of natural space to move around and graze naturally in their habitat.

Additional tips for choosing healthy foods!

#### **BPA**

BPA is a toxic substance found in containers (plastic bottles and food containers and liners of can) that can leech into your food or drink when the container is exposed to heat (sunlight included!). Try to avoid buying food in cans with BPA liners (usually those liners are white).

#### **Dirty Dozen\***

It's important to get enough fruits and vegetables, whether or not they are organic. Some foods have more pesticides than others. Here is a guide to help you figure out which fruits and vegetables to ideally buy organic and which are okay to buy non-organic:

<b>ORGANIC</b>	<b>OKAY TO BUY NON-ORGANIC</b>
Tomatoes	Sweet Potatoes
Bell peppers	Cabbage
Celery	Sweet Corn
Spinach	Sweet Peas
Lettuce	Eggplant
Collard Greens	Onions
Potatoes	Asparagus
Apples	Avocados
Nectarines	Cantaloupes
Peaches	Watermelon
Strawberries	Pineapples
Grapes	Grapefruit

*\*Environmental Working Group's 2011 Guide to the most and least pesticide laden fruits and vegetables. <http://www.ewg.org/foodnews/>*

### **Canned Goods**

Canned foods- meats, vegetables and fruits, are processed using lots of preservatives so that they have a long shelf life. Since these foods are expected to be on the shelf for a long time, they have little to no nutritional value.

If possible, use canned goods as little as possible. Or be sure to eat a variety of foods from all the choices: fresh, frozen and canned, striving to eat as much fresh food as you can.

Better yet, can your own food!