



Healthy Eating: Grocery Shopping Tips

Please Do!

Buy whole, fresh foods: Read labels carefully and look for foods that contain only one ingredient. Also, look for the word “whole” before the first ingredient on the label or ingredient list. Fresh food is more nutritious than frozen, frozen is better than canned. Always check for expiration or production dates on the label.

Produce: Ideally all produce should be fresh, ripe, in season and locally grown. Shop for and bring home an entire rainbow of colorful fruits and vegetables. Organic vegetables and fruits are much healthier and nutritious than non-organic produce. Look for organic produce in your local grocery store like Safeway, Giant and Walmart or a local farmer’s market.

Meat: Buy lean meat. If it is not available, then trim off all fat before cooking.

Poultry: Always check the sale dates on chicken. Buy fresh chicken and whenever you can, eat organic or free-range, antibiotic and hormone free poultry.

Seafood: Fish should smell a bit like the sea but fresh- it should not smell bad! Here is a list of good quality fish that is an excellent source of EFAs (essential fatty acids): Pollock, Flounder, Haddock, farmed-raised Trout, and wild caught Salmon.

Please Avoid!

Ground meat: Butcher cuts are much safer than pre-ground meat. A patty of ground beef can contain body parts from up to 80 cattle whose health is unknown. If you want ground meat buy a whole cut and have the butcher at the grocery store grind it for you.

Frozen poultry: Most frozen poultry is packaged by poultry processors who use hormones to make the bird larger in size, and must use antibiotics to prevent disease because of the extreme cage-crowding found in a typical poultry “farm.” These hormones and antibiotics remain in the bird and then we too get a dose of these drug when we eat the bird.

Most fish and seafood: Lots of seafood, whether from fresh or salt water, is now contaminated with toxic metals and dangerous chemicals. Shop for fish that has little to no toxins like: Whiting, Pollock, Flounder, Haddock, farmed-raised Trout, and wild caught Salmon.

Non-whole and processed foods: Whole foods are always best. Stay away from products with multiple ingredients. These are NOT whole foods. Look for “100%” then carefully read what that 100% actually is. Breads and pasta are actually processed foods; whole. If you must buy breads or pasta, look for the word “whole” when the label describes the grains they came from. In general, avoid packaged foods as these tend to have many ingredients.

Deceptive Labeling: The word “natural” does not mean healthy or safe. Insect parts are also “natural.”

Hydrogenated fats and artificial sweeteners: They aren’t healthy and should be strictly avoided. Look for the words, “partially hydrogenated,” “vegetable shortening” or “trans-fatty acids” and AVOID, AVOID, AVOID!