

# Grocery Shopping the Healthy Way

It's important to plan ahead and read food labels to grocery shop the healthy way. The tips below will help you choose healthy foods when you shop.

## Make plans to eat healthier

Plan a menu for a few days or for the week. Use your menu to make a grocery list. See the *Healthy Grocery List* on the last page. This list includes examples of healthy foods to buy at the grocery store.

To make shopping easier, group your grocery list items according to the aisles of the grocery store. Shop alone if you find that family members ask you to buy unhealthy foods. Skip the snack food aisles if you are tempted to buy foods that you don't need.

Check with your local grocery store for tours led by dietitians. They can teach you how to read labels and make healthy food choices at the store.

## Read labels

Food labels give you information to help you make healthier food choices and compare similar foods.

### Look at the Nutrition Facts table

Use the Nutrition Facts table to compare foods. The amounts of nutrients listed are based on the serving size.

Nutrition Facts	
Per 1 cup (30 g)	
Calories 180	% Daily Value*
<b>Fat</b> 2 g	3 %
Saturated 0.4 g	2 %
+Trans 0 g	
<b>Carbohydrate</b> 35 g	
Fibre 4 g	15 %
Sugars 7 g	7 %
<b>Protein</b> 5 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 120 mg	5 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron 8 mg	45 %
*5% or less is <b>a little</b> , 15% or more is <b>a lot</b>	

### Look at the serving size

You might eat more **or** less than the serving size.

### Look at the ingredient list

Ingredients are listed by weight from most to least. The first few ingredients are those in the highest amounts.

If one of the first 3 ingredients is salt, sodium, sugar, oil, or fat, you may want to choose a different food, or use that food in small amounts.

When shopping, compare similar items to make the healthy food choice.

### What is the % Daily Value?

The % Daily Value shows you whether the food has a little or a lot of a nutrient and can help you compare foods.



Search for [Understanding Food Labels](#) on [canada.ca](http://canada.ca) for more information [about food labels](#) and [percent Daily Value](#).

# Healthy shopping list

The list below has examples of nutritious foods from Canada's Food Guide. Include these foods in your shopping list often.



= Food choices may be higher in salt. Salt contains sodium. Choose items and brands with less sodium.



= Food choices may be higher in sugar. Choose items and brands with less sugar.

## Vegetables and fruits

### Tips:

- Choose vegetables and fruits that are fresh, frozen, or canned. Look for items with 15% or less Daily Value for sodium.
- Buy a variety of vegetables and fruits.

### Shopping list:

- vegetables and fruits with deep, bright colours such as cantaloupe, carrots, berries, peppers, purple cabbage, and squash
- dark green leafy vegetables such as romaine lettuce, spinach, kale, beet greens, bok choy, and Swiss chard
- frozen vegetables and fruits without added sugar, sauce, sodium, or seasonings
- canned vegetables labelled *low in sodium* or *no salt added*
- fruit canned in its own juice or water




## Whole grain foods

### Tips:

- Look for products where a serving contains:
  - 2 g of saturated fat or less
  - 2 g of fibre or more
  - 15% or less Daily Value for sodium
  - little or 0 g trans fat
- Read the ingredient list. For all grains, look for *whole* or *whole grain* and then the name of the grain (for example: whole barley, whole grain wheat or whole grain rye).
- Choose cereals with little or no added sugar.



### Shopping list:

- whole grain breads, buns, English muffins, pitas, rotis, or tortillas
- rice: brown or wild rice
- pasta: higher fibre, whole grain types
- whole grain hot or cold cereals
- wheat germ, wheat bran, or oat bran
- hulled or pot barley
- bulgur
- whole wheat couscous
- popcorn: air popped or plain unsalted microwave
- whole grain rice cakes
- 100% whole grain crackers, plain rye wafers, brown rice crackers, or whole grain pretzels 

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## Protein foods

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### Tips:

- Look for lower fat dairy products.
- Choose milk, yogurt or soy beverages labelled *unsweetened* or *no sugar added*.
- Plan to use meat alternatives, such as beans, lentils, and tofu in meals each week.
- Buy enough to have leftovers for other meals.
- Choose natural nut butters without added sugar or added salt.
- Compare products and choose ones with less saturated fat and sodium.

### Shopping list:

- milk: skim, 1%, or 2%
- cottage cheese: 2% M.F. (Milk Fat) or less 
- fortified soy beverage
- hard cheese: 20% M.F. or less 
- skim milk powder
- yogurt or kefir: 2% M.F. or less
- canned beans, peas, and lentils (drain and rinse, or look for brands with no salt added) 
- dried beans, split peas, and lentils
- peanut butter or other nut butters (unsalted, unsweetened)
- tofu, soy products, or textured soy protein found in meat substitutes 
- unsalted nuts and seeds
- eggs
- fresh or frozen fish (not battered or breaded)
- canned fish packed in water
- lean cuts of beef or pork such as round or loin
- lean or extra lean ground beef, chicken, turkey, or pork
- turkey or chicken (without the skin or remove at home)



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## Choose healthy fats

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Include healthy, unsaturated fat each day. Healthy fats include:

- vegetable oils such as canola, olive, peanut, or sunflower
- soft tub margarine labelled as *non-hydrogenated* with 0 grams trans fat
- salad dressings, vinaigrettes, and mayonnaise made with healthy oils
- ground flax, whole chia seeds, or hemp seeds












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## Limit highly processed food

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Highly processed foods are processed or prepared foods and drinks that add excess sodium, sugars, or saturated fat to our diets.

Highly processed foods to limit include:

- processed meats like sausage and deli meats 
- buttered or salted microwave popcorn 
- candies, chocolate bars 
- cookies, Danishes, donuts, pies, and cakes 
- jam, jelly, syrup, honey, sugar, or agave syrup 
- pop, sports drinks, energy drinks, or flavoured/vitamin waters 
- potato, nacho, and taco chips 
- salt and sea salt 
- seasoning or soup mixes that have salt added, such as garlic salt, onion salt, and celery salt 
- condiments such as barbeque sauce, ketchup, mustard, or pickled vegetables  

# Healthy Grocery List

Below are some examples of healthy foods to buy at the grocery store. Add other healthy foods you like that are not listed. Use the [Weekly Menu Planner](#) to help plan your grocery list. If using recipes, add the ingredients you need to this list.

Date: \_\_\_\_\_

Vegetables and fruits		Protein foods	Whole grain foods	Healthy fats
<b>Vegetables</b> <input type="checkbox"/> Broccoli <input type="checkbox"/> Cabbage <input type="checkbox"/> Canned tomatoes <input type="checkbox"/> Canned vegetables <input type="checkbox"/> Carrots <input type="checkbox"/> Corn <input type="checkbox"/> Green beans <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Peppers <input type="checkbox"/> Tomato sauce <input type="checkbox"/> Tomatoes <input type="checkbox"/> Turnips <input type="checkbox"/>	<b>Fruits</b> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Blueberries <input type="checkbox"/> Grapefruits <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Melons <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> Raspberries <input type="checkbox"/> <b>Frozen fruits</b> <input type="checkbox"/> Berries <input type="checkbox"/> Mangoes <input type="checkbox"/> Mixed fruit <input type="checkbox"/>	<b>Plant-based protein foods</b> <input type="checkbox"/> Chickpeas <input type="checkbox"/> Kidney/black beans <input type="checkbox"/> Meatless ground round <input type="checkbox"/> Nut butter <input type="checkbox"/> Nuts (peanuts, almonds, cashews) <input type="checkbox"/> Peanut butter <input type="checkbox"/> Seeds <input type="checkbox"/> Tofu <input type="checkbox"/> <b>Meat, poultry, eggs and fish</b> <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Eggs <input type="checkbox"/> Fresh and frozen fish and shellfish (mackerel, salmon, sardines, scallops, shrimp, trout) <input type="checkbox"/> Ground beef <input type="checkbox"/> Ground turkey <input type="checkbox"/> Pork <input type="checkbox"/> <b>Milk, dairy and soy foods</b> <input type="checkbox"/> Canned milk <input type="checkbox"/> Cheese <input type="checkbox"/> Fortified soy beverage <input type="checkbox"/> Kefir <input type="checkbox"/> Milk <input type="checkbox"/> Skim milk powder <input type="checkbox"/> Yogurt <input type="checkbox"/>	<input type="checkbox"/> 100% whole grain bread <input type="checkbox"/> Bran cereal <input type="checkbox"/> Brown rice <input type="checkbox"/> Bulgur <input type="checkbox"/> Chapati/roti <input type="checkbox"/> Couscous <input type="checkbox"/> Oatmeal <input type="checkbox"/> Popcorn kernels <input type="checkbox"/> Pot barley <input type="checkbox"/> Quinoa <input type="checkbox"/> Whole grain cereal <input type="checkbox"/> Whole grain crackers <input type="checkbox"/> Whole grain flat breads <input type="checkbox"/> Whole grain pasta <input type="checkbox"/> Whole grain pitas <input type="checkbox"/> Whole grain tortillas <input type="checkbox"/>	<input type="checkbox"/> Canola oil <input type="checkbox"/> Corn oil <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Olive oil <input type="checkbox"/> Peanut oil <input type="checkbox"/> Salad dressing <input type="checkbox"/> Sesame oil <input type="checkbox"/> Soft margarine <input type="checkbox"/> <b>Other items</b> <input type="checkbox"/> Chili powder <input type="checkbox"/> Garlic <input type="checkbox"/> Lemon juice <input type="checkbox"/> Parsley <input type="checkbox"/> Pepper <input type="checkbox"/> Vinegar <input type="checkbox"/>
<b>Frozen vegetables</b> <input type="checkbox"/> Corn <input type="checkbox"/> Edamame (soy beans) <input type="checkbox"/> Mixed vegetables <input type="checkbox"/> Peas <input type="checkbox"/>				