Grocery Shopping Tips and Tricks

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Objectives

• Learn how to use the new nutrition facts label and ingredients list to make healthful food choices

• Understand organic food labeling verbage

• Review plate method for building a healthy plate

• Identify cost-effective options in all food categories for healthful food choices

• Review shopping tips when at the store
NEW LABEL / WHAT’S DIFFERENT

Servings: larger, bolder type

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230
% Daily Value*
Total Fat 8g 10%
  Saturated Fat 1g 5%
  Trans Fat 0g
Cholesterol 0mg 0%
Sodium 160mg 7%
Total Carbohydrate 37g 13%
  Dietary Fiber 4g 14%
  Total Sugars 12g
  Includes 10g Added Sugars 20%
Protein 3g

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving sizes updated
Calories: larger type
Updated daily values
Actual amounts declared
New footnote
Carbohydrates (aka Carbs)

- Primary energy source – your body turns carbs into glucose (blood sugar) to give you energy to function

- Three types of carbohydrates:
  - Fiber
  - Starches
  - Sugars

- On the Nutrition Facts Food Label “Total Carbohydrates” includes a combination of all three types
Added Sugar

- Be cautious with added sugars – they are simple sugars that we add to our foods
  - Adding sugar to your coffee or tea
- Added by food manufacturers to processed and prepared foods
- Sugar goes by many names – check the food label ingredients:
  - Agave nectar
  - Cane syrup or corn syrup
  - Dextrose, fructose or sucrose
  - Honey
  - Molasses
  - Sugar
- The American Heart Association recommends:
  - No more than 25gm per day of added sugar for women (25gm = 6.25 teaspoons)
  - No more than 36gm per day of added sugar for men (36gm = 9 teaspoons)
Protein

- Essential for range of life-sustaining functions:
  - Building & repairing cells
  - Maintaining muscles mass
  - Oxygenates red blood cells
  - Regulates hormones
  - Aids in digestion
- On the Nutrition Facts food label protein is near the bottom
- Dietary Reference Intake = protein is 10-35% of total calories ~20-30 grams/meal
Total Fat

• When looking at the food label:
  • Typically 50-60 grams total per day
  • DRI = total 20-35% of total calories per day

• Total Fat includes:
  • Saturated Fat
  • Trans Fat
  • Unsaturated Fat
    • Monounsaturated Fat
    • Polyunsaturated Fat → Omega 3 and Omega 6
  • Cholesterol (does not contribute to any calories)
Organic Food Labeling

- Vegan 100%
- Natural Product
- 100% Natural
- 100% Bio
- 100% Organic
- Vegan 100%
- Eco Friendly
- 100% Natural
- 100% Fresh
- 100% Vegan
Organic Food Labeling

• Strict production and labeling requirements

• Must be overseen by a USDA National Organic Program-authorized Certifying Agent, following all USDA organic regulations

• Common Certifications:
  • 100% Organic
  • Organic
  • “Made with” Organic
  • Specific Organic Ingredients
100% Organic

• Raw or processed agricultural products in the 100% organic category must meet these criteria:
  • All ingredients must be certified organic
  • Any processing aids must be organic
  • Product labels must state the name of the certifying agent on the information panel

• May include USDA organic seal &/or 100% organic claim

• Must identify organic ingredients
Organic

• Raw or processed agricultural products in the “organic” category must meet these criteria:
  • 95% minimum organic ingredients

• May include USDA organic seal and/or organic claim

• Must identify organic ingredients
“Made With” Organic

- Multi-ingredient agricultural products in the “made with” category must meet these criteria:
  - At least 70% of the product must be certified organic ingredients (excluding salt and water)
  - May state “made with organic (insert up to 3 ingredients or ingredient categories) – No USDA Organic Seal
  - Must identify organic ingredients
Specific Organic Ingredients

• **Multi-ingredient products with less than 70% certified organic content** (excluding salt and water) don’t need to be certified. Any non-certified products:
  
  • Must NOT include USDA organic seal anywhere or the word “organic” on principal display label
  
  • May only list certified organic ingredients as organic in the ingredient list and the percentage of organic ingredients.
The Plate Method

• Simple tool to make meal planning easier!
• Helps balance your nutrients
• Divide your plate into sections
  • ½ non-starchy vegetables
  • ¼ lean protein
  • ¼ grains & starches

½ Non-Starchy Vegetables + ¼ Grains & Starches + ¼ Lean Protein

= 1 Great Plate
Tips for Various Grocery Categories
Enjoy More Fruits & Vegetables

• Try crunchy vegetables instead of chips for dipping (bell peppers, carrots, broccoli, celery, cucumbers)
• Keep cut veggies handy for snacks, side dishes, or a quick nibble while dinner cooks
• Grill fruit kabobs for dessert – pineapple, peaches and banana
• Use veggies as pizza toppings

• Stock your freezer with frozen vegetables to steam or stir-fry for a quick side dish
• Top a baked potato with beans and salsa or broccoli with low fat cheese
• Wake up to fruit – make a habit of adding fruit to your morning meal
• Stuff an omelet with veggies
## Non-Starchy vs. Starchy Vegetables

<table>
<thead>
<tr>
<th>Non-Starchy Vegetables</th>
<th>Starchy Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Asparagus</td>
<td>- Parsnip</td>
</tr>
<tr>
<td>- Artichoke</td>
<td>- Plantain</td>
</tr>
<tr>
<td>- Green/wax beans</td>
<td>- Potatoes (sweet and white)</td>
</tr>
<tr>
<td>- Brussel sprouts</td>
<td>- Pumpkin</td>
</tr>
<tr>
<td>- Beets</td>
<td>- Acorn Squash</td>
</tr>
<tr>
<td>- Broccoli</td>
<td>- Butternut Squash</td>
</tr>
<tr>
<td>- Cabbage</td>
<td></td>
</tr>
<tr>
<td>- Carrots</td>
<td>- Green Peas</td>
</tr>
<tr>
<td>- Cauliflower</td>
<td></td>
</tr>
<tr>
<td>- Celery</td>
<td>- Corn</td>
</tr>
<tr>
<td>- Cucumber</td>
<td></td>
</tr>
<tr>
<td>- Eggplant</td>
<td></td>
</tr>
<tr>
<td>- Greens (collard, kale, mustard, spinach)</td>
<td></td>
</tr>
<tr>
<td>- Mushrooms</td>
<td></td>
</tr>
<tr>
<td>- Onions</td>
<td></td>
</tr>
<tr>
<td>- Pea pods</td>
<td></td>
</tr>
<tr>
<td>- Peppers</td>
<td></td>
</tr>
<tr>
<td>- Salad greens (arugula, romaine)</td>
<td></td>
</tr>
<tr>
<td>- Tomatoes</td>
<td></td>
</tr>
<tr>
<td>- Turnips</td>
<td></td>
</tr>
<tr>
<td>- Zucchini</td>
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</table>
Breads, grains, and bulk

- Chose whole grains – 100% whole grain should be listed first on the ingredient list

- Fiber – look for >3 grams per serving

- Misleading claim: **Multi-grain** = has more than one type of grain but could be refined

- Choose a grain you have not cooked with before!

- Higher fiber/whole grain cereal options:
  - Cheerios, Total, Wheaties, Shredded Wheat, Oatmeal
Deli, Meats and Fish (and beans)

- Limit red meat consumption to <16 oz per week
- Canned beans – choose low sodium or sodium free
- Limit processed meats, sausage/bacon, hotdogs – contain NITRATES/NITRITES
- Can purchase bulk animal protein and freeze in individual portions for easy meal prep
# High Quality / Lean Proteins

## Anti-inflammatory Plant-Based Choices with Phytonutrients

- 3-4 servings per week
- Serving: \( \frac{1}{2} \text{ cup cooked} \)

<table>
<thead>
<tr>
<th>Black Beans</th>
<th>Lima Beans</th>
<th>Tempeh</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter Beans</td>
<td>Pinto Beans</td>
<td>Tofu</td>
</tr>
<tr>
<td>Chickpeas / Garbanzo Beans</td>
<td>Peas Green &amp; Black-eyed</td>
<td>Split Peas (green, yellow)</td>
</tr>
<tr>
<td>Fava Beans</td>
<td>Edamame</td>
<td>Seitan</td>
</tr>
<tr>
<td>Kidney Beans</td>
<td>Hummus</td>
<td>Soybeans</td>
</tr>
<tr>
<td>Lentils (all colors)</td>
<td></td>
<td>White Beans (cannellini, great northern, navy)</td>
</tr>
</tbody>
</table>
High Quality / Lean Proteins

Anti-inflammatory Protein Choices Mostly Omega-3
- 3-4 servings per week
- Serving: 3-4 ounces cooked

<table>
<thead>
<tr>
<th>Bass</th>
<th>Mahi Mahi</th>
<th>Snook</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bluefish</td>
<td>Monkfish</td>
<td>Sole</td>
</tr>
<tr>
<td>Carp</td>
<td>Orange Roughy</td>
<td>Sturgeon</td>
</tr>
<tr>
<td>Catfish</td>
<td>Perch</td>
<td>Swordfish</td>
</tr>
<tr>
<td>Char</td>
<td>Pike</td>
<td>Tilapia</td>
</tr>
<tr>
<td>Cod</td>
<td>Pollack</td>
<td>Tuna</td>
</tr>
<tr>
<td>Flounder</td>
<td>Redfish</td>
<td>Trout</td>
</tr>
<tr>
<td>Grouper</td>
<td>Red Snapper</td>
<td>Walleye</td>
</tr>
<tr>
<td>Haddock</td>
<td>Salmon</td>
<td>Whitefish</td>
</tr>
<tr>
<td>Halibut</td>
<td>Sardines - canned in water</td>
<td>Sushi</td>
</tr>
<tr>
<td>Herring</td>
<td>Scrod</td>
<td></td>
</tr>
</tbody>
</table>
Healthy Fats

- Olive oil – use for low to medium heat cooking
- Canola or avocado oil – can be used for higher heat cooking methods

### Nuts*

<table>
<thead>
<tr>
<th>Nuts &amp; Nut Butters</th>
<th>Seeds</th>
<th>Oils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds &amp; Almond Butter</td>
<td>Flaxseed</td>
<td>Canola Oil</td>
</tr>
<tr>
<td>Brazil Nuts</td>
<td>Pumpkin Seeds</td>
<td>Flax Oil</td>
</tr>
<tr>
<td>Cashews &amp; Cashew Butter</td>
<td>Sesame Seeds</td>
<td>Grape Seed Oil</td>
</tr>
<tr>
<td>Chestnuts</td>
<td>Sunflower Seeds</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>Hazelnuts (Filberts)</td>
<td></td>
<td>Peanut Oil</td>
</tr>
<tr>
<td>Peanuts &amp; Peanut Butter</td>
<td>OTHER:</td>
<td>Safflower Oil</td>
</tr>
<tr>
<td>Pecans</td>
<td>Avocados</td>
<td>Sesame Oil</td>
</tr>
<tr>
<td>Pistachios</td>
<td>Olives</td>
<td>Sunflower Oil</td>
</tr>
<tr>
<td>Walnuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Nuts, nut butters and seeds also have an added benefit of providing healthy lean protein

### Best Quality

- Almonds & Almond Butter
- Brazil Nuts
- Cashews & Cashew Butter
- Chestnuts
- Hazelnuts (Filberts)
- Peanuts & Peanut Butter
- Pecans
- Pistachios
- Walnuts

- Flaxseed
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- OTHER:

- Safflower Oil
- Sesame Oil
- Sunflower Oil

*Oils: Canola Oil, Flax Oil, Grape Seed Oil, Olive Oil, Peanut Oil, Safflower Oil, Sesame Oil, Sunflower Oil
Smart Shopping Tips

• Make a list –
  • Keep a tally on your refrigerator of items that may be running low
• Avoid going to the store hungry
  • This can help prevent excess spending on non-essential items
• Buy in bulk and then measure out single servings
  • A lot of times you pay for the convenience of single serve packs
• Avoid buying pre-chopped or convenience style items
  • Typically you are paying more for the grocery store to prep these items
  • Produce starts to break down once chopped so better to buy and prepare yourself
• Seasonal produce
  • Seasonal produce can be more affordable than out of season
• Store brands vs name brands
  • Name brands at times are more costly than generic brands
Grocery Shopping Food Safety

• Inspect food packages:
  • Avoid dented/bulging canned goods

• Shop in order:
  • Try to grab your perishable items last

• Pick your produce:
  • Purchase only the amount of produce that you will consume over a week

• Shopping cleanliness:
  • Wash reusable grocery bags regularly

• Grocery transportation:
  • If you are going to run other errands for more than 30 min after shopping – bring a cooler with chill packs for perishable foods
Challenge Yourself!

1. Check out a local farmer’s market

2. Make a plant based protein meal

3. Cook with a vegetable you have not used before
Questions?
References