

Aisle by Aisle: Choosing Foods Wisely



Choosing Healthy Beverages



GO GREEN.
Buy a BPA-free water bottle and fill with tap water to cut costs and shrink landfills.

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose water. It is your best beverage choice.
- Choose drinks with 0-20 calories per 8 ounces.
- Limit fruit juice. It has as many calories as soda. When you do choose juice, make sure the label says 100% juice.
- Skip sugar-sweetened sports drinks unless you're a competitive athlete.
- Skip energy drinks.

Small Steps = Big Rewards: If you drink regular soda, mix half diet and half regular until you can switch to all diet or water. Do the same trick with juice—mix with plain or sparkling water. Gradually switch to water with a splash of juice or a slice of orange, lemon, lime or cucumber.

For information and recipes go to www.MyEatSmartMoveMore.com

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Choosing Whole Grain Bread



Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Choose "100% whole grain" or "100% whole wheat" breads; brown and multi-grain breads don't necessarily contain **whole** grain.
- Choose breads with 60 calories or fewer per slice.

Pass this one by.

INGREDIENTS: ENRICHED FLOUR BLEACHED (WHEAT FLOUR MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTAN GLUTEN, YEAST. CONTAINS LESS THAN 2% OF THE FOLIC ACID. RAISIN JUICE CONCENTRATE, DOUGH CONDITIONERS (MONOGLYCERIDES, ASCORBIC ACID, ENZYMES, AZODIACETATE), PROPIONATE (PRESERVATIVE), GUAR GUM, YEAST NUTRIENT AMMONIUM SULFATE, CALCIUM SULFATE, POLYSORBATE 60. **CONTAINS WHEAT, MILK AND SOY INGREDIENTS.**

Choose this one.

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INGREDIENTS: WHOLE WHEAT FLOUR, WATER, YEAST, CORN SYRUP, VINEGAR, CULTURED WHEY, CALCIUM DIOXIDE, DIGLYCERIDES, CALCIUM DIOXIDE AND/OR MONOSODIUM PHOSPHATE, SODIUM SULFATE AND/OR MONOCALCIUM PHOSPHATE).
INTERSTATE BRANDS

GO GREEN.
Reuse your plastic bread bags.

Small Steps = Big Rewards: If you love white bread, look for whole-grain white flour listed as the first ingredient; this may make the switch to whole grain easier.

For information and recipes go to www.MyEatSmartMoveMore.com

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Shopping for Canned Fruits and Vegetables



GO GREEN.
Recycle the cans!

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

- Select canned fruit packed in water; when not available, choose fruit packed in its own juice, drain well and discard the juice.
- Choose low-sodium or no-salt-added canned vegetables; when not available, drain and rinse well to reduce the sodium.
- Choose plain, low-sodium canned beans; drain and rinse well to further reduce the sodium.

Small Steps = Big Rewards: Skip the salt shaker when eating canned vegetables and beans. Switch to low sodium, and then move to no-salt-added. To add flavor, try salt-free herbs and spices.



For information and recipes go to www.MyEatSmartMoveMore.com

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Selecting Cereal and Cereal Bars



GO GREEN.
Recycle your cereal boxes.

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

Look for the following:

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • Cereal | <ul style="list-style-type: none"> • Cereal bars |
| 200 calories or fewer per serving | 200 calories or fewer per bar |
| Fewer than 6 grams of sugar per serving | Fewer than 5 grams of sugar per 100 calories |
| At least 3 grams or more of fiber per serving | At least 3 grams or more of fiber per bar |
| <ul style="list-style-type: none"> • The first ingredient should be whole grain: whole wheat or oats. • Look at the serving size to make sure it's how much you would actually eat. • Choose plain oatmeal for a great whole-grain choice, and skip the flavored kind. | |

Small Steps = Big Rewards: If you are having a hard time switching to whole-grain cereal, try mixing your usual cereal with a whole-grain choice.

For information and recipes go to www.MyEatSmartMoveMore.com

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Managing the Cookie Aisle

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



- Avoid this aisle when possible.
- Choose your favorite cookie when looking for an occasional treat, but stick to the serving size.
- Look for 100-calorie packs.
- Compare food labels and look for cookies with the least number of calories and no trans fat.

GO GREEN.

Make your own 100-calorie packs to save money and reduce packaging.

Small Steps = Big Rewards: Don't feel like you have to give up your favorite cookies. Just eat fewer of them, eat them less often and enjoy them when you do.

For information and recipes go to www.MyEatSmartMoveMore.com

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Choosing Dairy

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



GO GREEN.

Buy large containers of yogurt and make your own single-serving portions. If you do buy the single-serve, recycle them where you can.

- Choose skim or 1% milk.
- Choose low-fat cheese or use less regular cheese.
- Select low-fat or fat-free sour cream or cream cheese.
- Choose low-fat or fat-free yogurt with “live, active cultures” and fewer than 12-15 grams of sugar per 6 ounces.
- Limit flavored milk to an occasional treat.



Small Steps = Big Rewards: If you drink whole milk, try 2% for a few weeks and then switch to 1% milk. Eventually switch to fat-free (skim) milk. Another option is to mix whole milk with skim, gradually decreasing the amount of whole milk.

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Selecting Fresh and Frozen Produce

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



GO GREEN.

Make your own fruit and vegetable snack packs. Use and re-use your own container to save on packaging. Buy local and decrease the carbon footprint of your food.

- Supersize it! More is better when it comes to fresh and frozen produce.
- Buy what's in season; you'll save money.
- Buy local if your store offers it; it's often the freshest.
- Choose a variety of colors—be sure to include dark green and deep orange.
- Stock your freezer with plain, frozen vegetables and fruits.

Small Steps = Big Rewards:

Try one new fruit or vegetable per week. It's a fun way to experiment and who knows, you just may discover a love for brussels sprouts.



For information and recipes go to www.MyEatSmartMoveMore.com

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Selecting Frozen Meals

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



- Aim for frozen meals that are:
 - 500 calories or fewer
 - 5 grams of saturated fat or fewer
 - 600 milligrams of sodium or fewer
 - At least 3-5 grams of fiber
- Look for meals that have no trans fat and are low in total fat.
- Eat only one serving of frozen pizza—most pizzas have three or four servings in one package.

Small Steps = Big Rewards: Add a salad to your frozen meal or frozen pizza. Limit the number of frozen meals you eat each week.

For information and recipes go to www.MyEatSmartMoveMore.com

GO GREEN.

Many frozen meal cartons are recyclable.

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Navigating the Frozen Desserts Aisle

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



- Limit frozen desserts to an occasional treat.
- Look for desserts that have:
 - 150 calories or fewer
 - 2 grams of saturated fat or fewer
- Choose low-fat or fat-free mini ice cream bars, frozen yogurt, sherbet, fruit sorbet or fudge pops.
- Take note of serving sizes when scooping ice cream—a serving is 1/2 cup.

GO GREEN.
Recycle your cartons and cardboard!

Small Steps = Big Rewards: Try pre-portioned, low-fat frozen treats. Or, rather than keeping your freezer stocked with treats, take your family out for an occasional treat.

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Choosing Meats

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



- Choose lower-fat cuts of meat such as “loin” or “round.”
- Choose ground meat with the highest percent lean, such as 93/7.
- Choose white meat instead of dark meat chicken and turkey.
- Avoid processed meats like deli meat, hot dogs, bacon and sausages—they are loaded with sodium.

Small Steps = Big Rewards: Serve appropriate portion sizes of meats. A proper portion is the size of a deck of cards or a computer mouse.



GO GREEN.
Buy local meat, poultry and seafood, or try meatless Mondays.

For information and recipes go to www.MyEatSmartMoveMore.com

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Shopping for Seafood

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.



GO GREEN.
Check out Monterey Bay Aquarium's National Seafood Guide on the web, www.montereybayaquarium.org/cr/seafoodwatch.aspx. Download their free app for seafood advice.

- Choose fresh salmon. It is high in healthy fats.
- Choose plain, fresh fish instead of frozen or breaded.
- Avoid these fish to keep mercury intake low: shark, swordfish, king mackerel, tilefish, walleye and blue-fin tuna. This is important if you are a woman of childbearing age.



Small Steps = Big Rewards: Gradually switch to baked, broiled or grilled fish instead of fried.

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Navigating the Snack Aisle

Follow these tips to decrease your risk for obesity, heart disease, stroke, diabetes and cancer.

The best snacks—fresh fruits, vegetables, low-fat dairy products, whole grains or small portions of nuts—are usually in other aisles.



- Choose granola bars that have 200 or fewer calories, 5 or fewer grams of sugar per 100 calories and at least 3 grams of fiber per serving.
- Choose low-fat, low-sodium popcorn.
- Choose whole-grain crackers with fewer ingredients.
- Look for fruit snacks made with 100% fruit.
- Choose low-salt nuts. Stick to one serving.

Small Steps = Big Rewards: Gradually swap chips, cheesy crackers, candy bars, honey buns and other high-calorie snacks for fruits and vegetables, low-fat dairy products, whole grains or small portions of nuts.

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GO GREEN.
Make your own 100-calorie packs. Use and re-use your own container.