

## SUPERMARKET SAVVY:

# Healthy Eating Grocery Shopping Guide



**BEEF  
LOVING  
TE★ANS**  
TEXAS BEEF COUNCIL

## Produce



- Pack your cart with the rainbow.
- Think outside the box with different fruit and vegetables each week.
- Try pre-cut fruit and vegetables for a timesaver.
- ★ Serve pasta sauce over spaghetti squash or spiralized zucchini. Top salad with blueberries.



## Deli

- Choose deli meats with  $\leq 300$ mg sodium per serving.
- Look for this heart health check on the label or ask for help behind the counter.
- For a budget and timesaver, skip the drive-through and pick up a protein powered pre-made sandwich or protein pack.
- ★ Pack a sandwich with fresh fruit and vegetables for lunch instead of eating out.



## Meats

- Choose from a variety of lean proteins such as beef, skinless poultry and fish.
- Pick red meats with the word “round” or loin” in the name. *Good news:* over  $\frac{2}{3}$  of the beef found in the meat case is lean.
- Get to know your butcher to find the right cut for your recipe.
- ★ Use  $\leq 93\%$  lean ground beef in homemade tacos.



## Dairy

- Choose low-fat or non-fat dairy.
- For milk alternatives, choose an unsweetened product with  $\sim 8$ g protein per serving.
- If you prefer whole milk, skip butter on your toast or creamer in your coffee.
- ★ Make oatmeal using milk (or fortified alternative) to increase protein at breakfast.



## Center Sections

### Make the most of the middle:

- Find whole grains like brown rice, quinoa, and whole grain pasta or breads.
  - Look for beans and lentils, low-sodium canned vegetables, and frozen fruit and vegetables.
  - Beware of misleading marketing claims. They often don't mean healthier products.
- ★ Keep a frozen vegetable medley on hand for quick meals.

## Bakery

- Choose whole grains at least half of the time.
  - Look for "whole" as the first word on the ingredients label.
  - Choose products with  $\geq 3g$  fiber per serving.
  - Aim for  $\leq 15g$  sugar per serving.
- ★ Place loaves in airtight bags so they will last longer.

## Bulk Section

- The bulk section is a great place to find whole food ingredients without additives and preservatives.
  - Find healthy snacks like nuts and seeds.
- ★ Use herbs and spices from the bulk section to save at the checkout counter.



TO HELP MANAGE YOUR HEALTH

# Read Food Labels

### What to look for:

**SERVING SIZE** Start by checking how many servings you are eating. Serving sizes are based on the amount of food people typically eat in one sitting. (Even small packages often contain more than one serving.)

**CALORIES** Find out how many calories are in a single serving. Multiply that by the number of servings you are eating.

**FAT** Choose products with  $\leq 10g$  fat per serving. Some fat is required for optimal health. Too much fat can lead to weight gain from too many calories overall.

**SODIUM** Keep sodium intake to  $\leq 2300mg$  daily. High sodium diets can raise blood pressure in some and increase risk for heart disease. Meals with  $\leq 800mg$  and snacks with  $\leq 300mg$  can help to keep salt in check.

**FIBER** Foods with  $\geq 3g$  per serving are considered high in fiber. Fiber is important to help you feel full, aid in digestion and it may help lower cholesterol levels.

**PROTEIN** Include 25-30g protein per meal to build muscle mass, manage blood sugar and curb hunger.

**DAILY VALUES** ■ Low is 5% or less ■ High is 20% or more

### Extra Lean Ground Beef 96%

## Nutrition Facts

4 servings  
**Serving size 4.0 oz (112 g)**

**Amount per serving**  
**Calories 140**

	% Daily Value*
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2g	10%
Trans Fat 0g	
<b>Cholesterol 60mg</b>	<b>20%</b>
<b>Sodium 60mg</b>	<b>3%</b>
<b>Total Carbohydrate 0g</b>	<b>0%</b>
Dietary Fiber 0g	0%
Total Sugars 0g	
<b>Protein 24g</b>	<b>50%</b>
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 10mg	10%
Potassium 0mg	0%

\*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.

## Shopping with Hungry Kids?



### GROCERY STORE JOBS FOR KIDS

- Pick a new fruit or vegetable each trip
- Reading and crossing items off the list
- Pushing the cart
- Reading prices