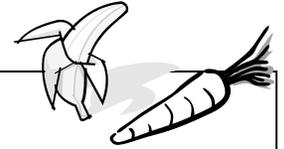


Heart-to-Heart Grocery Store Tour



Fruits, Vegetables, and 100% Fruit or Vegetable Juices

- Shop the rainbow – choose deep reds, greens, yellows, and oranges.
- Buy produce that is in season (as your store manager if you don't know what is in season). Fruits and vegetables in season will be lower in price and more flavorful.
- Try fruits and vegetables you've never eaten before. You may be surprised how good pomegranates and butternut squash are!
- Frozen, canned (without added salt or sugar), and dried fruits and vegetables are nutritious, too. Select fruits packed in water, their own juices, or light syrup instead of heavy syrup and vegetables without added salt or sauces.

Check Out

Whole, Fortified, and Fiber-Rich Grain Foods



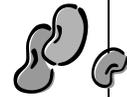
- When buying wheat breads, bagels, rolls, tortillas or cereal read the label to see if the first ingredient listed is a "whole" flour or grain. Dark-colored breads aren't necessarily made from whole grains. Breads that list "whole wheat" or "whole rye" as the first ingredient are good choices as are cereals with "whole oats" or "whole grains" listed as the first ingredient.
- Look for breads with at least 2 grams of fiber per slice.
- Look for cereals with 5 or more grams of fiber per serving.
- Whole grain pasta is now available in many shapes and sizes – spaghetti, linguine, penne, etc.
- Brown rice and wild rice are whole grains and high in many nutrients.

Sensible Snack Foods



- "Light" microwave or air popped popcorn is a filling whole grain snack.
- Look for crackers that list a "whole" grain as the first ingredient.
- Avoid crackers, chips, and other snacks that have "trans fats" listed on the Nutrition Facts panel or "partially hydrogenated oils" listed on the ingredient list.

Lean Meat, Skinless Poultry, Fish, Eggs, Beans, and Nuts



- To select the leanest options look for "round" or "loin" in the name of beef or pork. Some examples are tenderloin, sirloin, and top round.
- When buying ground beef or turkey, select at least 90% lean.
- Half of the calories in chicken are in the skin. Buy skinless fresh or frozen chicken or remove the skin before eating.
- Darker fish, like salmon and mackerel are great sources of heart-healthy Omega-3 fatty acids. Fresh and frozen light colored fish including orange roughy, perch, snapper, and sole are healthy options, too.
- Eggs are no longer a "no-no." It is acceptable to have up to seven eggs per week; more if you don't eat the yolk or use cholesterol-free egg substitutes.
- Stock up on meat alternatives like beans and soy products. They are great in salads, soups, and chili.



Fat Free and Low Fat Milk, Cheese, and Yogurt

- Buy milk or soymilk labeled as fat free/skim (with 0 grams of fat per serving) or low fat/light (with 2 ½ grams or less per serving).
- Choose reduced fat or fat free brick, sliced or cottage cheese and sour cream.
- Compare fat and calories in yogurt cups and smoothies. Consider buying plain yogurt and adding your own fresh or frozen fruit.