

➤ Healthier shopping habits

Did you know that the healthiest and freshest food can be found near the edge of the grocery store?

Shopping the perimeter can help save you calories – and money – while promoting a healthy and diverse diet.

Fresh produce

Fresh fruits and vegetables are high in fiber, vitamins and minerals. For an 1,800 calorie diet, you need a total of four cups of fruit and vegetables each day. The more color in your basket the better – go for dark greens, oranges, reds and purples.

Bakery

Many whole grain products can be found in the store's bakery. Whole grains are a great source of fiber and other nutrients. Look for the words "whole grain" or "whole wheat" in the ingredient list.

Protein

Stop at the butcher counter for fresh beef, chicken, pork and fish; all are great sources of protein. Choose lean or low-fat meat and poultry for lower saturated fat content. Fish, however, provides healthy fats. Eggs and tofu are other protein-packed foods also found around the perimeter of the store.

Dairy

Low-fat milk, yogurt and cheese are found in the dairy section. These foods are high in calcium, potassium and vitamin D. Dairy products without added sugars are the best choices.

Shopping list success

A good shopping list can help you stick to your goals and avoid unhealthy impulse buys.

- Prepare a comprehensive grocery list before heading to the store.
- Organize your list by department to avoid wandering into the pre-packaged food aisles.
- When venturing into the center of the store for staples, such as rice, oatmeal, dried beans, flour or sugar, be sure to stick to your list and avoid highly processed goods.



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Delta Dental of Oregon & Alaska

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Using the nutrition facts label

Most packaged foods have a nutrition facts label. For a healthier you, use this tool to make smart food choices quickly and easily.

Try these tips:

- 1 Check calories
- 2 Keep these low: saturated fats, trans fats, cholesterol and sodium.
- 3 Get enough of these: potassium, fiber, vitamins A and C, calcium, and iron.
- 4 Use the % Daily Value (DV) column when possible: 5% or less DV is low, 20% or more DV is high.

Check servings and calories

Look at the serving size and how many servings you are actually consuming. If you double the servings you eat, you double the calories and nutrients, including the percent DVs.

Make your calories count

Look at the calories on the label and compare them with what you are getting to decide whether the food is worth eating.

Don't sugar-coat it

Since sugars contribute calories with few, if any nutrients, look for foods and beverages low in added sugars. Read the ingredient list and make sure that added sugars are not one of the first few ingredients. Some names for added sugars (caloric sweeteners) include sucrose, glucose, high-fructose corn syrup, corn syrup, maple syrup and fructose.

Know your fats

Look for foods low in saturated fats, trans fats and cholesterol to help reduce the risk of heart disease (5% or less DV is low, 20% or more DV is high). Most of the fats you eat should be polyunsaturated and monounsaturated fats. Keep total fat intake between 20 percent to 35 percent of calories.

Reduce sodium (salt), increase potassium

Research shows that eating less than 2,300 milligrams of sodium (about 1 tsp of salt) per day might reduce the risk of high blood pressure. Most of the sodium people eat comes from processed foods, not from the salt shaker. Also, look for foods high in potassium, which counteracts some of sodium's effects on blood pressure.

Nutrition Facts	
Serving size 1 envelope (13g)	
Servings per container: 15	
Amount per serving	
1 Calories 45	Calories from Fat 10
% Daily Value*	
Total Fat 0g	0%
2 Saturated Fat 0g	
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130g	5%
Total Carbohydrate 8g	3%
3 Dietary Fiber less than 3g	12%
Sugars 1g	
Protein 2g	
Ingredients: Enriched egg noodles (wheat flour, egg yolk, iron, folic acid), yeast extract, carrots, partially hydrogenated corn oil, salt, natural flavors.	
*Percent Daily Values are based on a 1,800 calorie diet.	