



# Healthy Shopping Checklist

Going shopping? Plan ahead. Check and list the foods you need. Remember to choose foods for healthy eating. This means choosing a wide variety of foods; whole grain products, vegetables and fruit for fibre; and products lower in fat and salt.

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| <p><input type="checkbox"/> <b>The Bakery</b><br/>Look for whole grain products; they provide fibre.<br/>e.g., whole wheat bread, buns/rolls</p> <hr/> <p><input type="checkbox"/> <b>Baking Supplies</b><br/>e.g., flour, pancake/muffin mixes, dried fruit</p> <hr/> <p><input type="checkbox"/> <b>Beverages</b><br/>e.g., 100% juice, bottled water, coffee/tea</p> <hr/> <p><input type="checkbox"/> <b>Breakfast Cereals</b><br/>Choose whole grain or high-fibre cereals that provide at least 4 grams of fibre per serving.</p> <hr/> <p><input type="checkbox"/> <b>Canned and Jarred Foods</b><br/>Buy products with no added salt or sugar.<br/>e.g., canned vegetables, fruit, juice, spaghetti sauce, legumes, tuna (in water/broth), salmon, natural peanut butter, jam, honey</p> <hr/> <p><input type="checkbox"/> <b>Cookies and Crackers</b><br/>Buy products with whole wheat flour, less salt and non-hydrogenated fat. Look on the ingredients list and avoid food made with hydrogenated fat, modified fat or shortening.</p> <hr/> <p><input type="checkbox"/> <b>The Dairy Case</b><br/>Choose lower-fat dairy products.<br/>e.g., milk (skim, 1%, 2%), yogurt, cheese (include varieties with 20% or less fat), non-hydrogenated margarine, eggs</p> <hr/> <p><input type="checkbox"/> <b>Fresh Produce</b><br/>Stock up on these. They contain fibre and are low in fat.<br/>e.g., fresh vegetables, fresh fruit</p> <hr/> | <p><input type="checkbox"/> <b>Frozen Foods</b><br/>e.g., frozen vegetables (choose plain, no sauces), frozen fruit, frozen juice, frozen meat/fish (without breading or batter), meals/entrees (buy light or lean varieties), sherbet/frozen yogurt/lower-fat dairy desserts (choose ice cream less often)</p> <hr/> <p><input type="checkbox"/> <b>Meat Counter</b><br/>Select leaner meats, poultry and fish.</p> <hr/> <p><input type="checkbox"/> <b>Deli-style Meats</b><br/>Buy lower-fat varieties.<br/>e.g., sliced beef, turkey, roast beef, ham</p> <hr/> <p><input type="checkbox"/> <b>Oils and Condiments</b><br/>e.g., vegetable oil, olive oil, salad dressings (choose low calorie/lower-fat dressings), relishes/mustards/ketchup/vinegar, spices/herbs</p> <hr/> <p><input type="checkbox"/> <b>Packaged Products</b><br/>Pasta/Rice/Legumes - Buy more of these foods.<br/>e.g., pasta (buy whole wheat or enriched), brown rice, legumes (split peas, lentils, beans, chickpeas)</p> <hr/> <p><input type="checkbox"/> <b>Snack Foods</b><br/>Go easy on high-fat foods in this section.<br/>e.g., chips, cheesies<br/>Make healthy choices such as low fat popcorn and pretzels. Avoid snack food made with hydrogenated fat, modified fat or shortening.</p> <hr/> |
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