HEALTHINFO

POPULATION HEALTH SERVICES

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.

□ The Bakery

Look for whole grain products; they provide fibre. e.g., whole wheat bread, buns/rolls

Baking Supplies

e.g., flour, pancake/muffin mixes, dried fruit

Beverages

e.g., 100% juice, bottled water, coffee/tea

Breakfast Cereals

Choose whole grain or high-fibre cereals that provide at least 4 grams of fibre per serving.

Canned and Jarred Foods

Buy products with no added salt or sugar. e.g., canned vegetables, fruit, juice, spaghetti sauce, legumes, tuna (in water/broth), salmon, natural peanut butter, jam, honey

□ Cookies and Crackers

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.

□ The Dairy Case

Choose lower-fat dairy products. e.g., milk (skim, 1%, 2%), yogurt, cheese (include varieties with 20% or less fat), non-hydrogenated margarine, eggs

Fresh Produce

Stock up on these. They contain fibre and are low in fat. e.g., fresh vegetables, fresh fruit

Frozen Foods

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)

□ Meat Counter

Select leaner meats, poultry and fish.

Deli-style Meats

Buy lower-fat varieties. e.g., sliced beef, turkey, roast beef, ham

Oils and Condiments

e.g., vegetable oil, olive oil, salad dressings (choose low calorie/lower-fat dressings), relishes/mustards/ ketchup/vinegar, spices/herbs

Packaged Products

Pasta/Rice/Legumes - Buy more of these foods. e.g., pasta (buy whole wheat or enriched), brown rice, legumes (split peas, lentils, beans, chickpeas)

□ Snack Foods

Go easy on high-fat foods in this section.

e.g., chips, cheesies

Make healthy choices such as low fat popcorn and pretzels. Avoid snack food made with hydrogenated fat, modified fat or shortening.



Menu Planning Checklist - Evaluate your menu using this checklist

My Menu includes	Yes	No		Yes	No
 A variety of foods from each of the 4 food groups A minimum of: 5 servings of Grain Products 5 servings of Vegetables and Fruit The required servings of Milk products (dependent on age) Children 4-9 years: 2-3 servings 			 A variety of colour, flavour and textures Meats trimmed of fat Beans, lentils, dried peas or beans 		
			 Whole grain products Lower-fat dairy products (1%, 2% milk, light cheese) Food choices that we enjoy and that fit within 		
 Youth 10-16 years: 3-4 servings Adults: 2-4 servings Pregnant and breastfeeding: 3-4 servings 2-3 servings of Meat and Alternatives 			our budget and lifestyle		

Sample One Week Menu

Menu Planning Tool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fresh fruit in season Scrambled egg Wholegrain toast Milk	Apple juice Cold whole grain cereal with milk Toast	½ Grapefruit Wholegrain toast Cheddar cheese	Orange juice Hot oatmeal made with milk Whole grain toast	Fresh fruit in season Peanut butter on whole grain toast Milk	Orange Boiled egg Whole grain toast Milk	Orange juice Cold whole grain cereal with milk Peanut butter on toast
Vegetable soup Salmon sandwich Fruit Milk	Egg sandwich Tossed salad Fruit Milk	Tomato soup Peanut butter and banana on toast Milk	Beef sandwich Fruit salad Yogurt Milk	Quick macaroni and cheese Tossed salad (dressing?) Apple juice	Tuna sandwich Fruit Milk	Vegetable omelette Whole wheat bread Canned peaches Milk
Biriyani Wholegrain bread Chocolate pudding	Skillet dinner (potato, veggie and beef stir fry) Pears with vanilla pudding	Skillet dinner (Penne and Italian sausage) Mashed potatoes Wholegrain bread Apple crisp	Chunky vegetable lentil soup Wholegrain bread Carrot sticks	Chicken saute Rice Oatmeal cookies Fresh fruit in season	Pork saute (with peas and carrots) Whole wheat bread Tossed salad Canned pine- apple	Crowd-pleasing vegetarian chili Tossed salad Frozen yogurt
Toast or muffin Fruit	Wholegrain crackers or pita bread Hummous	Peanut butter with celery sticks	Crackers or unsalted pretzels Applesauce	Cereal with milk or yogurt	Lentil cookies or rice cakes	Popcorn Fruit/fruit juice

Material adapted from the cookbook, More Heart Smart Cooking with Bonnie Stern, 19997.

$\frac{\text{haldimand-norfolk}}{\text{HEALTH UNIT}}$

Simcoe

P.O. Box 247, 12 Gilbertson Drive Simcoe, ON N3Y 4L1 519.426.6170 / 905.318.6623 (free from 905)

Caledonia

282 Argyle Street South Caledonia, ON N3W IK7 905.318.5367

Web: www.hnhu.org Email: info@hnhu.org