It’s important to plan ahead and read food labels to grocery shop the healthy way. The tips below will help you choose healthy foods when you shop.

### Make plans to eat healthier

Plan a menu for a few days or for the week. Use your menu to make a grocery list. This will help you to buy only what you need.

To make shopping easier, group your grocery list items according to the aisles of the grocery store. Shop alone if you find that family members ask you to buy unhealthy foods. Skip the snack food aisles if you are tempted to buy foods that you don’t need.

Check with your local grocery store for tours led by dietitians. They can teach you how to read labels and make healthy food choices at the store.

### Read labels

Food labels give you information to help you make healthier food choices and compare similar foods.

#### Look at the Nutrition Facts table

Use the following items from the Nutrition Facts table to compare foods:

<table>
<thead>
<tr>
<th>serving size</th>
<th>calories</th>
<th>saturated fat</th>
<th>trans fat</th>
<th>sodium</th>
<th>carbohydrate</th>
<th>fibre</th>
<th>Sugars</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Per ¾ cup (175 mL/175 g)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Amount</td>
<td>% Daily Value</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calories</td>
<td>160</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat</td>
<td>2.5 g</td>
<td>4 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Saturated</td>
<td>1.5 g</td>
<td>10 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Trans</td>
<td>0 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10 mg</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>75 mg</td>
<td>3 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>25 g</td>
<td>8 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fibre</td>
<td>3 g</td>
<td>8 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>15 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>2 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>0 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>25 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>6 %</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Look at the serving size

You might eat more or less than the serving size.

### Look at the ingredient list

Ingredients are listed by weight from most to least. The first few ingredients are those in the highest amounts.

If one of the first 3 ingredients is salt, sodium, sugar, oil, or fat, you may want to choose a different food, or use that food in small amounts.

When shopping, compare similar items to make the healthy food choice.

### What is the % Daily Value?

The % Daily Value shows you whether the food has a little or a lot of a nutrient and can help you compare foods.

Search for Understanding Food Labels on HealthyCanadians.gc.ca for more information About Food Labels and Percent Daily Value.
Healthy shopping list

The list below has examples of nutritious foods from Canada’s Food Guide. Include these foods in your shopping list often. For serving sizes see Canada’s Food Guide, (www.healthcanada.gc.ca/foodguide).

= Food choices may be higher in salt. Salt contains sodium. Choose items and brands with less sodium.

= Food choices may be higher in sugar. Choose items and brands with less sugar.

Vegetables and Fruit

Tips:
- Choose vegetables and fruit that are fresh, frozen, or canned. Look for items with less than 200 mg sodium per serving.
- Buy a variety of vegetables and fruit each time you shop.
- Choose vegetables and fruit instead of juice.

Shopping List:
- vegetables and fruit with deep, bright colours such as cantaloupe, carrots, berries, peppers, purple cabbage, and squash
- dark green leafy vegetables such as romaine lettuce, spinach, kale, beet greens, bok choy, and Swiss chard
- frozen vegetables and fruit without added sugar, sauce, sodium, or seasonings
- canned vegetables labelled low in sodium or no salt added
- dried fruit
- fruit canned in its own juice or water
- 100% fruit juice
- lower sodium vegetable juice

Grain Products

Tips:
- Look for products where a serving contains:
  - 2 g of saturated fat or less
  - 2 g of fibre or more
  - 200 mg sodium or less
  - little or 0 g trans fat

- Read the ingredient list. For all grains, look for whole or whole grain and then the name of the grain (for example: whole barley, whole grain wheat or whole grain rye).

Shopping List:
- whole grain breads, buns, English muffins, pitas, rotis, or tortillas
- rice: brown or wild rice
- pasta: higher fibre, whole grain types
- hot or cold cereals with less than 8 g of sugar per serving
- wheat germ, wheat bran, or oat bran
- hulled or pot barley
- bulgur
- whole wheat couscous
- granola bars or cereal bars with less than 12 g of sugar per serving
- popcorn: air popped or plain microwave
- whole grain rice cakes
- 100% whole grain crackers, plain rye wafers, brown rice crackers, or whole grain pretzels
Milk and Alternatives

Tips:
• Look for lower fat milk and milk products.
• Choose milk, yogurt or soy beverages labelled *unsweetened* or *no sugar added*.

Shopping List:
• milk: skim, 1% or 2%
• cottage cheese: 2% M.F. (Milk Fat) or less
• fortified soy beverage
• hard cheese: 20% M.F. or less
• skim milk powder
• yogurt or kefir: 2% M.F. or less

Meat and Alternatives

Tips:
• Plan to use meat alternatives, such as beans, lentils, and tofu in meals each week.
• Plan for 2 meals containing fish each week.
• Buy enough to have leftovers for other meals.
• Choose natural nut butters without added sugars or added salt.
• Look for items where a serving contains:
  - 3 g of saturated fat or less
  - less than 200 mg sodium

Shopping List:
• fresh or frozen fish (not battered or breaded)
• eggs
• turkey or chicken (without the skin or remove at home)
• dried beans, split peas, and lentils
• lean cuts of beef or pork such as round or loin
• lean or extra lean ground beef, chicken, turkey, or pork
• unsalted nuts and seeds
• peanut butter or other nut butters (unsalted, unsweetened)
• canned beans, peas, and lentils (drain and rinse, or look for brands with no salt added)
• canned fish packed in water
• tofu, soy products, or textured soy protein found in meat substitutes
• lean deli meats such as ham or turkey

Higher fat, sugar, and salt foods

Choose healthy fats:
Include a small amount (2–3 Tbsp/ 30–45 mL) of healthy unsaturated fat each day. Healthy fats include:
• vegetable oils such as canola, olive, peanut, or sunflower
• soft tub margarine labelled as *non-hydrogenated* with 0 grams trans fat
• salad dressings, vinaigrettes, and mayonnaise made with healthy oils
• ground flax, whole chia seeds, or hemp seeds

Limit these foods and drinks:
• buttered or salted microwave popcorn
• candies, chocolate bars
• cookies, Danishes, donuts, pies, and cakes
• jam, jelly, syrup, honey, sugar, or agave
• pop, sports drinks, energy drinks, or flavoured/vitamin waters
• potato, nacho, and taco chips
• salt and sea salt
• seasoning or soup mixes that have salt added, such as garlic salt, onion salt, and celery salt
• condiments such as barbeque sauce, ketchup, mustard, or pickled vegetables
Healthy Grocery List

Below are some examples of healthy foods to buy at the grocery store. Use the small columns to put in the amounts you need. Add other healthy foods you like that are not listed. Use the Weekly Menu Planner to help plan your grocery list. If using recipes, add the ingredients you need to the list.

Date: ____________________

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Milk and Alternatives</th>
<th>Meat and Alternatives</th>
<th>Oils and Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broccoli</td>
<td>Apples</td>
<td>Canned milk</td>
<td>Beef</td>
<td>Mayonnaise</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Bananas</td>
<td>Cheese</td>
<td>Chicken</td>
<td>Salad dressing</td>
</tr>
<tr>
<td>Canned</td>
<td>Blueberries</td>
<td>Fortified soy</td>
<td>Chickpeas</td>
<td>Soft non-hydrogenated margarine</td>
</tr>
<tr>
<td>tomatoes</td>
<td>Dried fruit</td>
<td>Kefir</td>
<td>Eggs</td>
<td>Vegetable oil</td>
</tr>
<tr>
<td>Canned</td>
<td>Grapefruits</td>
<td>Milk</td>
<td>Fish (e.g., fresh salmon or canned light tuna)</td>
<td></td>
</tr>
<tr>
<td>vegetables</td>
<td>Grapes</td>
<td>Skim milk powder</td>
<td>Ground beef</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Kiwis</td>
<td>Yogurt</td>
<td>Ground turkey</td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Melons</td>
<td>Kidney/black beans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green beans</td>
<td>Oranges</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Greens</td>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Pears</td>
<td>Meatless ground round</td>
<td>Chili powder</td>
<td></td>
</tr>
<tr>
<td>Onions</td>
<td>Plums</td>
<td></td>
<td>Garlic</td>
<td></td>
</tr>
<tr>
<td>Peppers</td>
<td>Raisins</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato sauce</td>
<td>Raspberries</td>
<td>100% whole grain bread</td>
<td>Peanut butter</td>
<td>Pepper</td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td>Bran cereal</td>
<td>Pork</td>
<td>Pudding mix</td>
</tr>
<tr>
<td>Turnips</td>
<td></td>
<td>Brown rice</td>
<td>Seeds</td>
<td>Vinegar</td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td>Bulgur</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edamame (soy beans)</td>
<td>Mangoes</td>
<td>Whole grain crackers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>Mixed fruit</td>
<td>Whole grain pasta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas</td>
<td></td>
<td>Quinoa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Frozen Vegetables</td>
<td>Frozen Fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn</td>
<td>Berries</td>
<td>Whole grain cereal</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Edamame</td>
<td>Mangoes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mixed vegetables</td>
<td>Mixed fruit</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Peas</td>
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</tr>
</tbody>
</table>

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