



# The Healthy Family Grocery Shopping Guide

We've compiled a list of common grocery shopping items for families, and paired that with healthy suggestions to help you makeover your grocery list. This is the first step toward building a healthier diet for you and your family.

## The Before List

## The Healthy List

<p><b>Fruit:</b> apples, bananas, oranges, pears, strawberries, mangoes, lemons, limes and grapes. Watermelon if it's in season.</p>	<p>To help improve the health of your produce and minimize the exposure to toxic pesticides, the following fruits should be purchased organic if possible:</p> <ul style="list-style-type: none"> <li>• Peaches, Apples, Strawberries, Grapes, Pears, Nectarines and Cherries</li> </ul>
<p><b>Vegetables:</b> peppers, bagged spinach, bagged salad, onions, potatoes, sweet potatoes, baby or campari tomatoes, whole carrots, broccoli, green beans</p>	<p>To help improve the health of your produce and minimize the exposure to toxic pesticides, the following vegetables should be purchased organic if possible:</p> <ul style="list-style-type: none"> <li>• Bell Peppers, Celery, Leafy Greens, Carrots and Potatoes</li> </ul>
<p><b>Bread:</b></p> <ul style="list-style-type: none"> <li>• Bagels with no High Fructose Corn Syrup</li> <li>• English muffins</li> <li>• 100% whole wheat bread</li> <li>• Hot dog and hamburger buns (100% whole wheat)</li> <li>• Kings Hawaiian mini rolls for sandwiches</li> <li>• Whole wheat and white tortillas</li> <li>• Asiago rolls</li> </ul>	<p>Purchasing whole wheat products is certainly an improvement from buying "white foods," as they have been labeled, such as Wonderbread; but for the most nutritious products in the bread aisle "whole grain" not just "whole wheat" is what you should be looking for. Also, make sure the first ingredient has the word "whole." Some examples include:</p> <ul style="list-style-type: none"> <li>• Vermont bread company – organic hot dog and hamburger buns that have no artificial ingredients and no HFCS</li> <li>• Vermont bread company – Soft 10 grain. Great for making sandwiches</li> <li>• Arnold Natural 100% whole wheat</li> <li>• Rudi's organic bakery – 14 Grain loaf as well as 7 grain with Flax loaf</li> <li>• Rudi's organic bakery – 7 grain with flax wraps</li> <li>• Rudi's organic bakery – Multigrain wraps</li> </ul> <p>I would stay away from any white foods as mentioned above and stay focused on whole wheat or corn tortillas vs. white tortillas.</p>

<p><b>Meat:</b></p> <ul style="list-style-type: none"> <li>• 93% ground beef</li> <li>• Ground chicken</li> <li>• Chicken breasts</li> <li>• Couple of whole chickens</li> <li>• Pork tenderloin</li> <li>• Beef stew meat</li> <li>• Flank steak for fajitas</li> <li>• Turkey breast slices</li> <li>• Honey ham slices</li> <li>• Hebrew National reduced fat hot dogs</li> </ul>	<ul style="list-style-type: none"> <li>• When purchasing any meat products I recommend purchasing only free range, organic, antibiotic and hormone free, all natural products. This applies to all the meat and poultry products listed in your column. <ul style="list-style-type: none"> <li>○ Tyson brand chicken currently has 100% natural chicken raised without antibiotics, hormones or artificial ingredients. This does not mean they are organic but certainly a great start.</li> </ul> </li> <li>• Sliced meat (processed meat) is one of the scarier items you can put in your shopping cart because of the sodium nitrite, which can also be found in hot dogs, bacon and breakfast sausage. This chemical is essentially a “color enhancer” that turns old, dead meat the bright colors that they are and has been shown in some studies to contribute to cancer. While nothing that I have found is 100% proven, I won’t take my chances. <ul style="list-style-type: none"> <li>○ Buy fresh, organic, free-range meat as opposed to any pre-sliced meats. I also like cooking up chicken breasts or turkey myself and slicing that up for sandwiches.</li> <li>○ Try looking at Boar’s Head All-Beef hot dogs or Applegate Farms Organic uncured hot dogs.</li> </ul> </li> <li>• I would also love to see (if your family likes and eats seafood) some more fish on your list.</li> </ul>
<p><b>Frozen Foods:</b></p> <ul style="list-style-type: none"> <li>• Vegetables of all kinds</li> <li>• Ravioli</li> <li>• Waffles - whole wheat if possible</li> <li>• Lean Pockets (garlic chicken white pizza and sausage/egg/cheese)</li> <li>• Fish fillets</li> <li>• Orange juice</li> <li>• Breyer’s Ice cream</li> <li>• Fruit juice bars</li> <li>• Soy crumbles</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen veggies are a great way to keep produce in your home at all times and not have to worry about it going bad.</li> <li>• Best waffle option is Vans all-natural Belgian 7 grain in the freezer section and then topping that with real maple syrup.</li> <li>• In place of lean pockets that have trans fat in them among other unhealthy ingredients – even the whole grain kind, I would recommend purchasing Kashi Pocket bread sandwiches that are made with 7 whole grain and sesame bread, zero trans fat and no preservatives.</li> <li>• Soy crumbles are a great way to get protein in your families diet and a great substitute for meat in chili.</li> </ul>

<p><b>Dairy, Eggs:</b></p> <ul style="list-style-type: none"> <li>• Mexican cheese blend</li> <li>• Italian cheese blend</li> <li>• Fresh pizza dough</li> <li>• Low fat cream cheese</li> <li>• Butter</li> <li>• Eggs</li> <li>• Egg Beaters</li> <li>• Low fat string cheese</li> <li>• Low fat sour cream</li> <li>• Simply Orange juice</li> <li>• Skim milk</li> <li>• Whole milk</li> <li>• Low fat creamer for my coffee</li> </ul>	<p>The cheese blends that you mention buying, tend to either be high in total fat (typical for cheese) or very high in sodium. If time allows I would purchase fresh cheeses from your cheese department and grate or shred them on the days you will be using them. If buying pre-shredded look out for the fat/sodium on the back of the package</p> <p>For orange juice I recommend buying any brand with calcium and vitamin D, which our diets can typically always use more of.</p>
<p><b>Dry and Canned Foods:</b></p> <ul style="list-style-type: none"> <li>• Whole wheat and white flour</li> <li>• Sugar</li> <li>• Baking products (yeast, powder, soda, etc),</li> <li>• Natural peanut butter</li> <li>• Soy butter</li> <li>• Reduced sugar jelly</li> <li>• No sugar apple sauce</li> <li>• Sliced pears</li> <li>• Canned green beans</li> <li>• Canned baby peas</li> <li>• Black beans</li> <li>• Many varieties of canned tomatoes (diced, pureed, whole, zesty, etc)</li> <li>• Brown rice</li> <li>• Pasta of assorted varieties (I try to buy 100% whole wheat but no one likes it, so I usually buy the white - I'll use whole wheat in a casserole or mac and cheese, but white for spaghetti)</li> <li>• Cheerios</li> <li>• Raisin Bran</li> <li>• Slow cooking oatmeal</li> <li>• Nutri-grain bars</li> <li>• Granola bars (not coated in chocolate or with candy added)</li> <li>• Horizon organic milk boxes for lunch</li> <li>• V-8 fusion juices (not low sugar, as I don't like the kids drinking nutrasweet)</li> <li>• Welch's concord grape juice</li> <li>• Pecans, almonds</li> </ul>	<ul style="list-style-type: none"> <li>• Substitute enriched white flour with whole flour when possible</li> <li>• Honey and Agave are both sweeteners that are great substitutes for sugar, even in baking. Agave is especially good for diabetics as it doesn't spike insulin levels due to slow digestion.</li> <li>• 100% all natural fruit spreads are the best. St. Dalfours is one brand that comes to mind.</li> <li>• In juice, look for: <ul style="list-style-type: none"> <li>○ 100% juice</li> <li>○ Avoid HFCS – essentially creates a soft drink not juice</li> <li>○ Simply Orange, Minute Maid Premium and Veryfine Juice are known for being 100% juice.</li> </ul> </li> <li>• When buying nuts it is best to have salt-free or at least low-sodium. Walnuts are an additional great snack and provide healthy fats our body needs (but eat in moderation).</li> </ul> <p>One item that stood out to me on your list is the lack of healthy oils. Olive oil is a fantastic healthy fat that you can use to cook with and also include on salads or in salad dressings to name a few.</p> <ul style="list-style-type: none"> <li>• Extra-virgin olive oil</li> </ul>

