

Shopping Tips

1. Be mindful of other words for “sugar” in ingredient lists. Try to avoid products that have sugar or any of these words below listed as a top three ingredient.

- Brown sugar
- Cane crystals
- Cane sugar
- Corn sweetener
- Corn syrup
- Crystalline fructose
- Dextrose
- Evaporated cane juice
- Fructose
- Fruit juice concentrates
- Glucose
- High-fructose corn syrup
- Honey
- Invert sugar
- Lactose
- Maltose
- Malt syrup
- Molasses
- Raw sugar
- Sucrose
- Sugar
- Syrup

2. Best Meat & Seafood Picks.

- Leanest cuts of beef include eye of round roast or steak, sirloin tip side steak, or top round roast or steak.
- Pork tenderloin is the leanest choice of pork
- Look for meat or poultry that is labeled free of hormones and not given antibiotic-containing feed.

3. Remember the “dirty dozen” of fruits and vegetables (that is fruits and vegetables most susceptible to pesticide residue).

- Peaches
- Apples
- Sweet bell peppers
- Celery
- Nectarines
- Strawberries
- Cherries
- Pears
- Imported grapes
- Spinach
- Lettuce
- Potatoes

4. Check out this website for a list of seasonal fruits and vegetables.

<http://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>

5. Frozen fruits and vegetables are just as nutritious as the fresh kind (and usually cheaper and will last longer!).

6. Buy in bulk.

- Buy big containers of yogurt and portion it out as needed; add flaxseed, oatmeal, fruit, cinnamon, or honey to make it your own yogurt creation.
- Make your own “100-calorie” or portion-controlled snack bags of nuts, popcorn, etc.
- Buy poultry and meat in bulk, on sale, and freeze individual servings. Defrost the poultry or meat in the refrigerator the night before you want to cook it.