

Supermarket Savvy Video

This amusing and educational 15 minute video lets you experience grocery shopping in a new way. Go on a grocery store tour with a registered dietitian and learn about:

- Making the healthy choice the easy choice
- Canada's Food Guide
- Decoding nutrition labels
- Tips on low-cost food options
- Foods from around the world

Summary Notes

These notes are divided into topic areas and may not follow the sequence of the video.

Eating Well with Canada's Food Guide

- Canada's Food Guide talks about how much food we need and what types of foods are a part of healthy eating
- It includes four food groups:
 - Vegetables and fruit
 - Grain products
 - Milk and alternatives
 - Meat and alternatives
- The amount of food a person needs everyday is based on their age, gender and appetite
- A balanced meal = 3 or more of the food groups
- A snack = 1 or more food groups

Produce Section of the Grocery Store:

- Vegetable and fruits provide us with vitamins and minerals
 - 1 medium fruit or ½ cup vegetables = 1 food guide serving
 - Eat at least 1 dark green and 1 orange vegetable each day
- Buy in season produce from local farms or farmers markets
- Frozen and canned vegetables are cheap alternatives
- Jams and Jellies are not included in the vegetable and fruit food group

Fruit Juice and Drinks

- Water is your best choice for hydration
- If purchasing juice, buy unsweetened 100% fruit or vegetable juice
- Fruit juice has little fibre – that's why it's better to eat fruit
- Limit drinks, cocktails, punch and ades as they are mostly water and sugar
- Limit children's juice intake daily:
 - 175 mL or less for 1-6 year olds
 - 250 mL or less for 7 years olds and up

Bakery Section of the Grocery Store:

- There is a large selection of grain products in this area
- Grains provide us with carbohydrates, some minerals and B vitamins. They are usually low in fat and can be a good source of fibre
- Examples include: breads, pasta, rice, bulgur, barley and cereals

- Whole grains (e.g., corn, oats, barley, brown and wild rice) contain **all 3** parts of the kernel- bran, germ, endosperm
- Purchase bread that lists “whole grain whole wheat flour” at the beginning of the ingredient list since enriched wheat flour is not a whole grain
- For cereals focus on the fibre and sugar content
 - Aim for at least 2 grams of fibre
 - Choose cereals lower in sugar
- High fat and high sugar items, like cakes, croissants and cookies, are not grain products

Dairy Section of the Grocery Store:

- Calcium is important for developing strong bones and teeth, and to prevent osteoporosis. Milk contains calcium and vitamin D, which helps our bodies to absorb calcium
- Drink 500ml of skim, 1%, 2% or fortified soy beverages to get enough vitamin D
- Select cheese with less than 20% M.F (milk fat)
- Select yogurts and cottage cheese that are 2% or less
- Butter, margarine, cream, sour cream and cream cheese are not a part of this food group -- they are high in fat and low in calcium and protein
- Purchase yogurt in larger containers to save money

Deli Section of the Grocery Store:

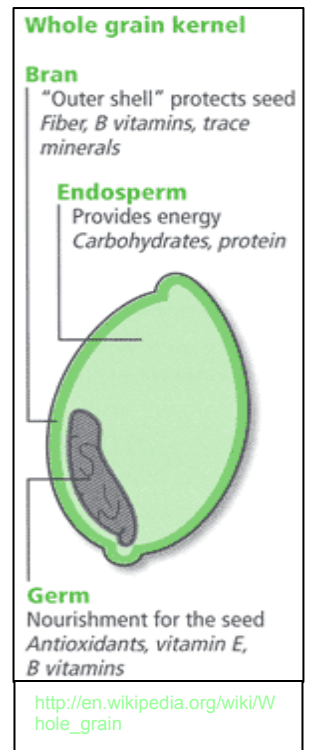
- Meat and alternatives provide us with protein, fat, some B vitamins and minerals (e.g. iron)
- Choose lean meats and poultry:
 - look for the words “lean” “extra lean” and “round cuts”
- Select lean deli products like chicken, turkey, ham, or roast beef
- A serving size of meat = 75g (2.5 oz), and is almost the size of a deck of cards
- Legumes, including beans, lentils and peas, are a part of the meat and alternatives group and are a good source of fibre
 - Dried legumes are cheaper than canned
 - Rinse canned products to reduce sodium

Adding Fat to Meals:

- The human body requires some fat for good health
- Unsaturated fats are healthy fats and are found in:
 - Plant-based oils, salad dressings, and non-hydrogenated margarines
 - Except coconut and palm oil.

Food Labels:

- Use Food labels to make healthier choices when grocery shopping
- The nutrition facts table has 3 types of information:
 - Serving size: This amount is to be used more as a reference for comparing what you eat and comparing food products.
 - Calories: Listed for this particular serving size
 - Key Nutrients: Amounts and Percent Daily Value (%DV) are listed for the particular serving size
- %DV: Helps to understand the nutrient content of foods and to compare products to determine if there is a little or a lot of a nutrient in a serving
 - Choose foods with less than 5% DV for total fat and sodium



- Choose foods with less than 10% DV for saturated and trans fat
- Choose foods with more than 15% DV for fibre, calcium, iron, and other important nutrients more often
- The ingredient list tells you what is in the product, by weight, from most to least

Wise Shopping Tips:

- Shop in the outer area of the grocery store to find less processed foods
- Foods from the inner aisles are usually pre-packaged, processed and cost more- but you will still find some healthy options like pasta, cereals, and rice
- Products at eye level are often more expensive
- Read the food labels of frozen food – some may be high in sodium and fat so compare the Percent Daily Value (%DV)
- Most grocery stores have international sections with mouth watering cuisines from all over the world
 - Try a new food item from a different culture each month – bok choy, dahl, whole-wheat roti, feta on a pizza
 - Some International pre-packaged foods may be high in sugar, sodium and fat- so read their labels

Key Shopping Tips:

Choose:

- Colourful vegetables and fruits (fresh, frozen or canned)
- Water, low fat milk and a limited amount of 100% unsweetened juice to satisfy your thirst
- Low fat dairy products (milk, yogurt and cheese)
- Low fat whole grains
- Lean meats and alternatives (such as beans)
- Frozen foods with lower fat and salt
- Healthier foods from all around the world