


Natural Health Chiropractic &
Wellness Centre
2080 Appleby Line
Burlington, ON L7L 6M6
Phone: (905) 332-7447
Fax: (905) 332-9889

Before you Leave for the Store

- Spend a few minutes before shopping to plan out the meals for the coming week.
- Check your cupboards to see what you have on hand and what you need to buy
- Assemble your list based on what you need for the week & what you already have.
- Find out when your store stocks up for the week – these are when the freshest items are available. Most stores will stock up for the weekend so I suggest shopping early on Friday afternoons.

Game Plan

- Shop the outside aisle or perimeter: that's where you find fresh produce, meat, bakery and dairy products. The inside rows of supermarkets are sugar central!
- As much as possible, buy fresh!
- Avoid frozen dinners or prepared entrees. These cost way more and are less nutritious.
- Drink water.
- Avoid temptation. Choose a checkout line that has the fewest tempting treats.

<p>Think big. use the big part of your cart when choosing grain products, vegetables and fruits</p>	<p>Think smaller. use this part when choosing from the milk products and meat and alternatives groups</p>
<p>Think carefully. limit your choice of foods from the "other" group such as fats, oils and foods high in sugar</p>	
<p><small>Adapted from <i>The HeartSmart Shopper</i> by Ramona Josephson</small></p>	

- Divide up your cart into four quarters, based on the four food groups.
- Fill half the cart with vegetables, fruit and whole grains, one quarter with lower-fat dairy products and the other quarter with lean meat and alternatives such as fish, beans, nuts and soy products.

Adapted from *The HeartSmart Shopper*
by Ramona Josephson

Produce

- **Go for colour:** each time you shop pick out one new red (or green or orange) item to try out at home – these are the fruits and veggies with the highest nutritional value
- Buy vegetables and fruit fresh when they are in season and freeze extras for later.
- Never buy fresh produce to last longer than a week.

Meat

- Cut back! A Food Guide Serving is 75 grams or the size of a **deck of cards**.

Grain Products & Bakery

- Choose whole grains over enriched or white: ensure that the flour is non enriched
- Make your own low fat granola.





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Read Labels

- Breads, cereals and grains with at least 2 grams of fibre per serving.
- Low fat crackers, processed meats & prepared foods with less than 3 grams of fat per serving. For every 100 calories in a food item, there should be 3 grams of fat or less.
- Canned soups, sauces, vegetables & processed meats and foods are high in salt. Avoid buying foods that are more than 5% daily value for salt.
- Look at the ingredient list. If one of the first three ingredients is salt, sugar, oil or fat, try choosing a different food or use that food in small amounts.

Shopping List Ideas

Vegetables and Fruit

- Vegetables and fruits that are deep, bright colors such as orange, red, yellow, green, blue and purple
- Frozen vegetables and fruit
- Dark green leafy vegetables such as romaine lettuce and spinach
- Fruit canned in its own juice or pear juice

Bakery

- Stoneground, whole wheat, rye and flax bread
- Multigrain breads, bagels
- Whole wheat English muffin
- Whole wheat pita bread and soft tortillas
- Multigrain bread sticks
- Angel food cake: rather than other cakes

Cereals

- Hot cereals such as rolled oats and oatbran, Red River® and Sunny Boy®
- High fibre cold cereals like Kashi cereals (GoLean, GoLean Crunch)
- Shredded Wheat, Toasted oat ring cereal, Low fat muesli, All Bran Buds®, All Bran Guardian or Corn Bran®

Cookies

- Apple, date or fig newtons
- Ginger snaps
- Graham wafers

Crackers & Snack Foods

- Unsalted soda crackers
- Stoned Wheat Thins®
- Melba toast
- Crisp bread
- Rice crackers
- Rice cakes
- Popcorn cakes
- Matzo crackers
- Popcorn – air popped
- Baked potato chips
- Pretzels

Dry goods

- Converted, brown, basmati, wild rice
- Pasta – try the high fibre whole wheat varieties
- Barley, bulgur, wheat germ, bran, oat bran and multigrain couscous
- Flax seed and ground flax

Milk and alternatives

- Cow – skim or 1% milk fat (MF)
- Fortified soy milk
- Almond milk





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Meat and Alternatives

- Lean or extra lean ground beef
- Lean ground turkey or chicken meat
- Lean cuts of beef or pork e.g. round or loin
- Turkey or chicken breast
- Fresh or frozen fish (not battered or breaded)
- Canned fish packed in water
- Tofu textured soy protein found in meat substitutes
- Soy products

Dry Proteins

- Dried or canned beans (remember to drain and rinse canned beans), split peas, lentils and soybeans.
- Unsalted nuts and seeds.
- Old fashioned or natural peanut butter or other nut butters

Fats

- Avoid hard margarine, lard and shortening
- Include a small amount of healthy unsaturated fat each day. This includes canola oil, olive oil, flax oil, and fish oil
- Coconut oil to cook
- Butter used sparingly rather than margarine
- Put oil in your own spray bottle

Baked Homemade Granola

4 cups rolled oats	½ tsp nutmeg
2 cups mixed nuts and seeds such as pumpkin, sunflower, and sesame seeds, slivered almonds	½ cup warm water
1tsp cinnamon	½ cup maple syrup
	½ tsp vanilla

- Preheat oven to 300°F. Lightly oil two cookie sheets. In a large bowl, stir oats with nuts, seeds, and spices. Stir warm water with maple syrup and vanilla. While stirring, gradually pour into oat mixture, and continue to mix until ingredients are evenly coated. Spread out on the two cookie sheets and bake, stirring every 10 minutes to prevent burning, until granola is crumbly and golden in colour (about 30 minutes).
- Remove from oven. When cool, store in fridge in an airtight container for up to 1 month.
- Serve with Rice or Almond milk

