



eat
right essentials

HEALTHY MEAL PLANNING AND SHOPPING



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Eatright Essentials: Healthy Meal Planning and Shopping

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PLANNING FOR A HEALTHY BREAKFAST

With a little planning, you can wake up to a quick, tasty, and nutritious breakfast. Find out how below.

Shop Smart for Morning Meals

- ▶ At the supermarket, stock up on your favorite nutritious breakfast options. Some ideas are: oatmeal and whole-grain versions of ready-to-eat cereal (such as shredded wheat); whole-grain choices for bread, bagels, and toaster waffles; eggs; peanut butter or other nut butters; low-fat or fat-free yogurt; cottage cheese and milk; fresh and dried fruit; canned fruit in 100% juice; and 100% fruit juice.
- ▶ Pick up ingredients for any recipes you plan to make.

Get Set the Night Before

- ▶ In the evening, set the table and put out needed appliances, such as the toaster, and non-perishable foods, such as cereal boxes, peanut butter, bread for toast, and whole and dried fruit. Put perishable items like milk and yogurt toward the front of the fridge so that they're easy to grab.
- ▶ If you're taking your breakfast to go, add non-perishables, such as instant oatmeal cups and raisins, to your bag the night before. Pop in perishable foods like yogurt or a hardcooked egg right before you dash out the door (add an ice pack to keep them cold and safe to eat).
- ▶ Assess your leftovers. You might find a ready-made breakfast that can be quickly reheated, such as a slice of leftover pizza or a cup of soup. Leftover meat or vegetables can be added to scrambled eggs or an omelet or used to make a breakfast sandwich.

OVERNIGHT OATMEAL WITH BERRIES

Makes: 1 serving

Mix and refrigerate overnight to enjoy the next morning.

Ingredients

- ▶ ½ cup low-fat milk (or less for thicker oatmeal)
- ▶ ¼ cup Greek yogurt
- ▶ 2 teaspoons honey
- ▶ ¼ teaspoon cinnamon or nutmeg
- ▶ ¼ teaspoon vanilla extract
- ▶ ½ cup uncooked rolled oats
- ▶ ¼ cup raspberries, blueberries, or strawberries, fresh or frozen

Directions

1. Combine milk, Greek yogurt, honey, cinnamon, and vanilla extract in a bowl or a jar with a lid.
2. Add oats and mix well.
3. Gently fold in berries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

Adapted from: USDA Center for Nutrition Policy and Promotion

PEANUT BUTTER BANANA SMOOTHIE

Makes: 2 servings

Take this tasty smoothie to go in an insulated travel cup.

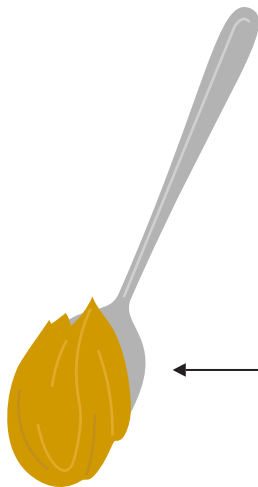
Ingredients

- ▶ 2 small ripe bananas
- ▶ 1 cup skim milk
- ▶ 1½ tablespoons creamy peanut butter
- ▶ ½ tablespoon unsweetened cocoa powder
- ▶ ½ cup low-fat vanilla yogurt
- ▶ 1½ cups ice

Directions

1. Peel bananas, chop into small pieces, and place in freezer for at least 1 hour.
2. Place all ingredients in a blender.
3. Blend on high until smooth.
4. Pour into 2 glasses. Serve right away.

Adapted from: USDA Center for Nutrition Policy and Promotion



Whip Up a Make-Ahead Meal

- ▶ If you have a slow cooker with a timer, prepare a batch of oatmeal in the evening so that you can wake up to a hot breakfast. Refrigerate leftovers to microwave on future mornings. Or, make the easy recipe for **Overnight Oatmeal with Berries**.
- ▶ Get ahead on weekends. Bake and freeze whole-grain muffins, make hard-cooked eggs, stir up a batch of low-fat granola, or chop ingredients to make a quick omelet during the week.

Transport Your Breakfast

- ▶ If you are in a rush or just not very hungry first thing in the morning, there are plenty of easy breakfast options to eat on the go or even at your desk. Some ideas to carry in your bag include: instant oatmeal cups or packets; whole-grain muffins and bagels; low-fat or fat-free yogurt or cottage cheese cups; reduced-fat cheese sticks or hard-cooked eggs; packets of nut butter; sturdy whole fruits like oranges, apples, and bananas; single-serving containers of fruit in 100% fruit juice; mini-boxes of raisins; and 100% juice boxes. Remember to pack perishable foods in an insulated bag with an ice pack.

Have a few minutes? Blend up the **Peanut Butter Banana Smoothie** recipe shown to sip on your commute.



PLANNING AND PACKING HEALTHY LUNCHES

Whether you eat at home or away, you can make lunch an enjoyable, healthy meal. Get started with these tips.

Shop the Food Groups

For a healthy, balanced lunch, include foods from 2 or more of the 5 food groups. Look for these suggestions when you shop.



- ← **Fruits:** Fresh fruits, dried fruits, or fruits canned in 100% fruit juice make a nutritious lunchtime side or dessert.
- ▶ **Vegetables:** Fresh vegetables like lettuce, tomatoes, cucumbers, and onions are great for salads and sandwiches. Pick up carrots, celery, peppers, and cauliflower for a crunchy alternative to chips.
- ▶ **Grains:** Choose whole-grain breads, tortillas, and flatbreads for sandwiches, and whole-grain crackers to go with soups and chili.
- ▶ **Protein foods:** Look for lean deli meats (such as turkey, ham or beef), eggs, cans or pouches of tuna, salmon or sardines, hummus, peanut butter, and nut and seed butters.
- ▶ **Dairy:** Go for fat-free and low-fat milk and yogurt, and reduced-fat sliced cheeses and cheese sticks.
 - ▶ *Tip:* For convenience, buy pre-cut and washed produce and single-serving packages of foods like raisins, yogurt, and hummus. To save money, buy whole fruits and vegetables and foods in larger containers to prepare and portion out at home.

NO REFRIGERATOR? NO PROBLEM!

If your workplace or school doesn't have a fridge, pack non-perishable lunch options that don't need refrigeration.

Some ideas: Single-serving cans or pouches of tuna or salmon, peanut butter, nut butters (such as soy nut butter and almond butter), nuts, trail mix, whole-grain crackers, cherry tomatoes, whole fresh fruits, dried fruit, fruit canned in 100% fruit juice, and single-serving containers of shelf-stable, fat-free, and low-fat dairy milk or soy milk.

4 Fast Lunch Ideas

1. **Wrap Up Leftovers.** Fold last night's beans and rice, chili, stew, or chicken into a whole-wheat tortilla with lettuce, tomato, and reduced-fat cheese.

TUNA APPLE SALAD SANDWICH

Makes: 4 servings

Liven up your lunch-time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts. For a change of pace, enjoy the salad on a bed of lettuce with whole-grain crackers on the side.

Ingredients

- ▶ 1 apple (such as Fuji or pink lady)
- ▶ 1 can 12-oz chunk light tuna (drained)
- ▶ 2 tablespoons low-fat plain yogurt
- ▶ 2 tablespoons reduced-fat mayonnaise
- ▶ ½ cup raisins (or chopped figs)
- ▶ ¼ cup chopped walnuts
- ▶ ⅛ teaspoon ground black pepper
- ▶ 2 tablespoons chopped fresh parsley (optional)
- ▶ ½ teaspoon curry powder (optional)
- ▶ 8 leaves lettuce (Bibb, romaine, green, or red leaf)
- ▶ 8 slices whole-grain bread

Directions

1. Cut apple in quarters; remove core and chop.
2. In a medium-size bowl, mix all salad ingredients, except tuna.
3. Gently fold in tuna.
4. Make sandwiches, using lettuce and whole-grain bread (toasted, if desired), and fill with tuna apple salad.

*Adapted from: MyPlate Kitchen
(ChooseMyPlate.gov).*

2. **Jazz Up Your PB&J.** Try a new combo like sunflower seed butter and apple slices on whole-grain bread. For another sandwich idea, try the **Tuna Apple Salad Sandwich** recipe.
3. **Make it Mediterranean.** Spread hummus into a whole-wheat pita, then stuff with crumbled feta cheese, sliced cucumber and tomatoes, and a few chopped olives.
4. **Build a Yogurt Parfait.** Top low-fat Greek yogurt with granola or whole-grain cereal, fresh or dried fruit, and nuts or seeds. If you're brown-bagging it, pack the yogurt and toppings in separate containers or resealable bags, along with an ice pack, and assemble at lunchtime.

Safe Lunch Packing for Perishable Foods

Follow these tips to keep perishable foods safe and fresh until lunchtime.

- ▶ Before you prepare your lunch, wash your hands with soap and water. Make sure countertops and cooking utensils are clean.
- ▶ Make your lunch in the evening and refrigerate or freeze overnight so it's well chilled when you head out the door.
- ▶ To keep foods cold, pack your lunch in an insulated lunch bag with 2 cold sources, such as an ice pack and a frozen bottle of water or 100% juice.
- ▶ Bring hot foods like soup and chili to a boil, then pack in an insulated container or thermos.
- ▶ When possible, store your lunch in a refrigerator as soon as you arrive at your destination and keep it there until you are ready to eat.
- ▶ Throw away any perishable foods, including leftovers, eggs, meat, poultry, salads, and dairy products, that do not get eaten at lunchtime. Do not repack those foods for lunch the next day.
- ▶ Thoroughly wash reusable containers and utensils with hot, soapy water between uses.



PLANNING FAST AND HEALTHY DINNERS

After a busy day, you need a quick and nutritious meal on the menu. Make it happen with the tips below.

Make Dinner Plans

- ▶ Set a regular day and time to plan your dinners for the coming week, allowing for special nights, like when you order pizza or eat out. Consider going meatless at least 1 day per week with a healthy meal that includes plant-based foods like whole grains, beans or lentils, and vegetables.
- ▶ Base your meals on these foods: vegetables, fruits, whole grains, lean proteins, fat-free or low-fat milk and yogurt, and reduced-fat cheese.



← Include nutritious short cuts. Frozen vegetables, prewashed salad greens, rotisserie chicken, canned tuna and salmon, canned beans, and quick-cooking brown rice are just a few options that can help you trim time when making dinner.

- ▶ Make a shopping list of the foods and ingredients you need to prepare your dinners for the week, preferably organized by the aisles of your supermarket for a speedier trip. To save even more time, order groceries online for curbside pickup at the store or delivery to your door.



← Get a head start. When you get home from the store, review your recipe. If needed, wash, cut up, and refrigerate recipe ingredients. On the weekend, make a double batch of soup, chili, or stew. Enjoy $\frac{1}{2}$ during the week and freeze $\frac{1}{2}$ in meal-sized portions to defrost for another time. In the morning, set up a slow cooker with the evening's meal so that it's ready when you arrive home. Get started with the hearty **Slow Cooker Lentil Soup** recipe on the next page.

SLOW COOKER LENTIL SOUP

Makes: 6 servings

The rich and delicious flavors of cooked carrots, onions, celery, and lentils make this a savory and quick-to-assemble slow cooker soup.

Tip: To boost flavor, season with your favorite dried herbs and spices during the last 60 minutes of cooking. Basil, oregano, thyme, bay leaves, and cumin go well with lentils. For a little kick, add a few red pepper flakes.

Ingredients

- ▶ 6 cups water
- ▶ ¼ cup fresh parsley, chopped (optional, or 2 tablespoons dried parsley)
- ▶ 2 teaspoons beef bouillon (or 2 cubes beef bouillon)
- ▶ 1½ cups lentils (dry; rinsed and sorted)
- ▶ 2 carrots (medium, sliced)
- ▶ 1 onion (medium, chopped)
- ▶ 2 celery stalks (sliced)

Directions

1. Mix all ingredients together in slow cooker.
2. Cook on LOW for 8 to 10 hours or HIGH for 4 to 5 hours.
3. Serve hot with whole-grain crackers or bread.

*Adapted from: MyPlate Kitchen
(ChooseMyPlate.gov).*

5 Easy Entrée Ideas

Base the amounts you make on your family size.

1. **Create-Your-Own Stir-Fry:** In a large wok or sauté pan, heat 1 to 2 tablespoons of canola oil over medium-high heat. Add your protein of choice (for example, cubed firm tofu, skinless chicken, or lean beef) and cook several minutes until browned. Stir in your favorite thinly sliced or chopped vegetables, such as onions, garlic, broccoli, cauliflower, carrots, and peppers, and continue to cook for about 5 minutes until the veggies are slightly softened. Flavor with small amounts of toasted sesame oil, low-sodium soy sauce, rice vinegar, or red pepper flakes. Serve with cooked brown rice.
2. **3-Bean Veggie Chili:** In a large pot, heat 1 tablespoon of canola oil. Add chopped vegetables (such as onions, garlic, peppers, and mushrooms), and cook until softened. Add canned diced tomatoes, rinsed and drained canned black, kidney, and navy beans, and chili seasonings, such as chili powder and cumin. Simmer for 20 minutes to let the flavors blend. Serve topped with (shredded) reduced-fat cheese, chopped tomato and lettuce, crumbled whole-grain tortilla chips, and low-fat sour cream or Greek yogurt.
3. **Pasta with Meat Sauce:** Cook whole-grain pasta according to package directions. For the sauce, cook lean ground beef, drain the fat, and heat with jarred tomato sauce (compare products to find a recipe with less sodium). Toss together the pasta and meat sauce. Serve with a salad and whole-grain rolls.
4. **Main Dish Salad:** Top a bed of prewashed salad greens or baby spinach with canned salmon or shredded rotisserie chicken, rinsed and drained canned chickpeas, and sliced tomato (or whichever veggies you have on hand). Drizzle with light vinaigrette dressing and serve with breadsticks.
5. **Diner Dinner:** Make scrambled eggs with leftover veggies (or your favorite egg preparation) and serve with Canadian bacon, whole-wheat toast, and 100% orange juice.



PLANNING HEALTHY SNACKS

Snacking sometimes gets a bad rap, but with smart planning, it can be a valuable part of a healthful eating plan. Snacks can boost nutrition by filling in food group gaps in your meals and give you more energy between meals. Learn to plan healthy snacks below.

WHAT SIZE SNACK?

As a general guideline, snacks containing 200 calories or fewer are about right for less active people. Snacks containing 200 to 300 calories are about right for active teens and adults.

Snacks with 200 Calories or Fewer

- ▶ 1 tablespoon peanut butter spread on slices of a small apple
- ▶ 3 cups air-popped popcorn sprinkled with 3 tablespoons grated parmesan cheese
- ▶ Small baked potato topped with salsa and 1 ounce shredded low-fat cheese
- ▶ Whole-grain toaster waffle topped with $\frac{1}{2}$ cup blueberries and 2 tablespoons low-fat yogurt
- ▶ Fruit smoothie made by blending $\frac{3}{4}$ cup fat-free yogurt, $\frac{1}{4}$ cup milk, $\frac{1}{2}$ cup frozen berries, and

continued

Strategic Shopping

- ▶ At the supermarket, shop for healthful snacks and snack ingredients based on foods from the 5 food groups: fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy foods. A few examples are apples, baby carrots, whole-wheat crackers, deli turkey breast, and low-fat yogurt.
- ▶ Go easy on snacks that are high in calories, solid fats, sodium, and added sugars, such as chips, snack cakes, cookies, candy, and regular soft drinks.
- ▶ Get the Nutrition Facts. Some healthy-sounding snacks (such as granola bars, microwave popcorn, and trail mix) might have more calories, saturated fat, sodium, or added sugars than you think. When you shop for snacks, compare food labels and check the serving sizes and nutrients, too.

In the Kitchen

- ▶ Make nutritious snacks easy to see and grab. For instance, keep a bowl of washed whole fruit on the counter, and stock the fridge with snacks like washed, cut-up veggies, cheese sticks, and yogurt cups.
- ▶ Size snacks right. Choose a single-serve container, or portion out snacks into a bowl rather than eating directly from the package.
- ▶ Take snacks to go. Keep hunger at bay by preparing small bags of nuts, whole-grain cereal, or dried fruit to stash in your bag or in your desk. Tote perishable snacks

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½ banana

- ▶ 6 whole-wheat crackers and 1 slice of cheddar or colby cheese

Snacks with 200 to 300 Calories

- ▶ ½ medium avocado on 1 slice whole-wheat toast with a cup of grapes
- ▶ Whole-wheat pita wedges with 2 tablespoons hummus
- ▶ 2 whole-wheat English muffin halves with 2 tablespoons low-fat cream cheese, 2 ounces deli turkey breast, and ½ cup sliced tomato
- ▶ Hot chocolate (made with low-fat or fat-free milk) and a small oatmeal cookie
- ▶ A sliced banana topped with ½ cup frozen yogurt and 1 tablespoon chopped nuts
- ▶ Trail mix made with 20 almonds, ¼ cup of raisins, and ¼ cup whole-grain cereal.



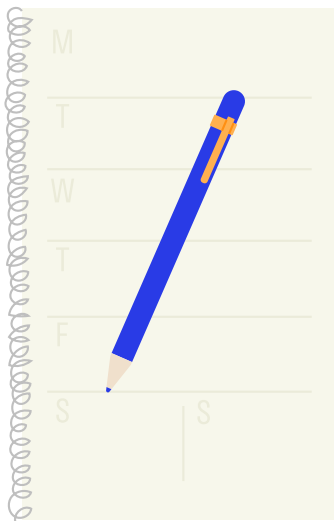
(such as yogurt, cheese, and hard-cooked eggs) in an insulated bag with ice packs to help reduce the risk of food poisoning.

- ▶ For good nutrition, follow the “2 food group” guideline. Enjoy snacks that include choices from at least 2 food group like these:
 - ▶ Cottage cheese and diced pineapple
 - ▶ Canned tuna or salmon on whole-grain crackers
 - ▶ Whole-grain cereal and milk
 - ▶ Avocado on whole-wheat toast
 - ▶ Yogurt and fresh fruit
 - ▶ Cheese stick and an apple
 - ▶ Raw veggies with hummus
 - ▶ Quesadilla (soft tortilla and cheese, folded and heated)
 - ▶ Instant oatmeal with dried cranberries

Beverages and Snacks

Calories can add up quickly with beverages that contain added sugar, such as sweetened fruit drinks, energy drinks, and soft drinks.

- ▶ Plan to drink water or other unsweetened drinks to help meet your daily fluid needs.
- ▶ To quench your thirst along with snacks, try mixing equal parts 100% fruit juice and sparkling water, or try flavored waters without any added sugars.
- ▶ Check the ingredient list on beverages to see if sugar has been added. The Nutrition Facts for Added Sugars also provides information on how much sugar is added (4 grams = 1 teaspoon of added sugar).



5 STEPS TO MEAL PLANNING

Getting in the habit of planning and preparing meals at home holds many benefits. You'll eat out less, which saves money. It puts you in charge of what you eat, so you can enjoy more delicious and nutritious meals. And, you can prepare food in advance to save time on busy days.

PLANNING MEALS WITH APPEAL

Variety is the spice of life and also the key to planning appealing and nutritious meals. Keep these principles in mind:

- ▶ **Combine different colors.**
A meal of baked chicken, mashed potatoes, and steamed cauliflower looks drab. But baked chicken, roasted sweet potatoes, and romaine salad with tomatoes, yellow bell pepper, and red onion is another story. Using different colors of fruits and vegetables also provides a variety of health-promoting phytonutrients.
- ▶ **Include multiple flavors.**
Add interest by including a variety of the 5 types of tastes: salty, sweet, sour, bitter, and umami (a meaty or brothlike taste from foods like mushrooms, Parmesan cheese, sundried tomatoes, and meats).
- ▶ **Mix textures.** Use more than 1 food texture, such as crunchy, crispy, chewy, hard, soft, smooth, and creamy. For instance, serve

continued

Use the 5 steps below as your meal-planning blueprint.

1. **Sketch out meals for the week.** For ideas, consult your supermarket's weekly ad for specials, browse recipes, consult a meal-planning app on your smartphone, and ask household members for input. Consider your food budget, too.

Assign meals to specific days to stay organized and relaxed. For example, if you work late every Friday, plan a simple meal that's quick to prepare, such as frozen veggie pizza and salad. See the sidebar **Planning Meals with Appeal** for more ideas.

Use a meal-planning app, an electronic or paper calendar, or a handwritten list to stay organized. Once you're comfortable with the process, you might want to create a meal plan for a longer time period, such as a month.

2. **Find the right recipes.** Different recipes for the same dish—for example, soup or chili—can vary widely in the type and number of ingredients they call for and the number of steps required.

Choose recipes that suit your nutrition needs, skills, and available time. Find recipes in cookbooks, magazines, and newspapers or online on websites, in blogs, and on social media platforms. Wherever you find them, make note of your favorites to use in future meal rotations.

3. **Shop smart.** Make a shopping list of the foods and ingredients you need to prepare your meals for the week, preferably organized by the aisles of your supermarket to save time when you shop. Make sure to check your pantry, refrigerator, and freezer for items you already have on hand.

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a chewy steak with creamy mashed potatoes, crunchy raw vegetables with smooth hummus, and soft scrambled eggs with crisp whole-wheat toast.

- **Vary the look.** Serve foods with a variety of shapes and sizes. Instead of serving round meatballs with round peas and round new potatoes, serve the meatballs with pea pods and baked potato wedges.
- **Use different temperatures.** Doing so enhances the flavor perception of a meal. Just think about enjoying a cooling and refreshing sorbet after a spicy Chinese meal.

4. **Get ready to cook.** Get organized before you start cooking. Read recipes from beginning to end so you're not surprised by an unexpected step far into the cooking process. Take out all the ingredients and cooking tools you need. Practice *mise en place*, the French term for preparing your ingredients before you start cooking (for instance, chopping all the vegetables). Make sure to place frozen foods like meat, poultry, and seafood in the refrigerator in advance to thaw at a safe temperature (never thaw on the countertop).
5. **Execute your plan.** Get cooking! Thanks to following these meal planning steps, you'll soon be sitting down to a great meal. Refrigerate any leftovers right away in small, shallow, airtight containers and use within 3 to 4 days.

MEALS THIS WEEK

BREAKFAST:

- overnight oats
- blueberry muffin
- apples
- toast w/ pb & banana
- omelette

LUNCH:

- salmon cobb salad/wrap
- pita pockets
- tuna apple salad

SNACK:

- mezze platter
- apples & pb
- muffin
- banana w/ fro yo & nuts

DINNER:

- Beef & broccoli stir fry
- Tacos
- 3-bean chili
- pasta w/ meat sauce

SHOPPING LIST

- 4 apples
- 1 bunch bananas
- 2 avocados
- 2 cucumbers
- 4 tomatoes
- 1 lb bag carrots
- 3/4 lb snow peas
- 1 bunch parsley
- 1 bunch scallions
- 2 limes
- 1 head garlic
- 2 sweet onions

- dozen eggs
- 1 lb salmon
- 1 lb skirt steak
- almond milk
- blue cheese
- shredded cheddar
- sour cream
- oats
- pita pockets
- taco shells
- blueberry muffins

- soy sauce (reduced sodium)
- red wine vinegar
- evoo
- 15oz can each:
 - kidney beans
 - black beans
 - navy beans
 - diced tomatoes
- 28oz can whole peeled tomatoes
- 2 cans tuna
- 1 jar kalamata olives
- red pepper flakes
- cumin
- peanut butter
- oats

M BREAKFAST: overnight oats w/ berries LUNCH: salmon cobb salad SNACK: baby carrots, cucumber, hummus DINNER: tacos from leftover chili, leftover salad from lunch	T BREAKFAST: blueberry muffin & apple LUNCH: salmon cobb wrap SNACK: same as yesterday * prep overnight oats DINNER: beef & broccoli stir fry
W BREAKFAST: overnight oats LUNCH: leftover stir fry SNACK: apples & peanut butter DINNER: pasta with meat sauce	T BREAKFAST: pita toast w/ peanut butter & banana LUNCH: pita w/ hummus, feta, sundried tomatoes, olives & parsley SNACK: blueberry muffin DINNER: leftover pasta
F BREAKFAST: leftover pita pocket LUNCH: tuna apple salad sandwich SNACK: frozen yogurt, banana, nuts DINNER: pizza delivery!	S BREAKFAST: omelettes w/ leftover pita ingredients LUNCH: leftover pizza DINNER: your favorite restaurant! * meal plan for next week.



DIABETES MEAL PLANNING

If you have diabetes, it's important to manage your blood glucose levels by balancing medication, physical activity, and the foods and beverages you eat and drink. The registered dietitian nutritionist (RDN) on your diabetes care team can help you develop an individualized meal plan based on your needs and preferences. The tips below can help, too.

FOUNDATIONS OF A HEALTHY DIABETES MEAL PLAN

- ▶ **Eat a variety of foods from each food group daily:** These include fruits, vegetables, grains, protein foods, and dairy.
- ▶ **Choose smart carbs.** Get most of your carbohydrates from nutrient-rich foods, such as fruits, vegetables, beans, whole grains, and low-fat or fat-free dairy products. Limit portion sizes of sweets, soft drinks, and other foods and beverages with added sugars.
- ▶ **Emphasize vegetables.** Include more non-starchy vegetables (such as leafy greens, asparagus, carrots, and broccoli), which contain fewer carbohydrates than starchy vegetables like potatoes, corn, and peas.
- ▶ **Enjoy fruit.** Fruit contains dietary fiber, vitamins, and minerals and makes a satisfying dessert. Choose whole fruit more often and juice less often.

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Planning Meals

- ▶ Be consistent with your meal plan. Eat about the same amount of food, with the right balance of carbohydrates, protein, and fat, at about the same time each day. If it's difficult to follow, work with your RDN to adjust it.
- ▶ Keep a written record, or food diary, of what and how much you eat to share with your RDN. At least 2 times a month, weigh or measure your portions to make sure they're in line with your meal plan. This is especially important for carbohydrate-containing foods, including nutritious options like whole-grain pasta, bread and cereal, beans, yogurt, and milk.

Grocery Shopping and Preparing Meals

- ▶ Carefully read the Nutrition Facts label. Check the amount of carbohydrates in foods, including those labeled "sugar free," "no added sugar," or "calorie free." Some of these products may contain as many carbohydrates as regular versions. Also compare the nutrients in a serving size of similar foods. For example, compare which canned soup has less sodium or which cereal has more dietary fiber.
- ▶ Fill your cart with fruits and vegetables. They can be fresh, frozen, canned, jarred, or dried. Choose plain frozen vegetables and "reduced sodium" or "no

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- ▶ **Make at least ½ your grains whole grains.** They're rich in vitamins, minerals, and dietary fiber. Brown rice, quinoa, oatmeal, shredded wheat, whole-wheat breads and pasta, and popcorn are common whole-grain foods.
- ▶ **Boost fiber-rich foods.** Fiber slows digestion and may control the rise of blood glucose levels after you eat. Beans, oatmeal, and whole-wheat bread are a few fiber-rich foods.
- ▶ **Eat less saturated fat.** Choose lean meats, skinless poultry, fish, and low-fat or fat-free dairy products.
- ▶ **Shake the salt habit.** Use less salt and more pepper, herbs, and seasoning. Eating less salt helps control high blood pressure.



- added salt” versions of canned vegetables. Look for unsweetened canned and jarred fruits, or types packed in their own juice. Choose dried fruits without added sugars.
- ▶ Go for whole-grain types of bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti.
- ▶ Select low-fat and fat-free milk, yogurt, and cheese. Compare added sugar levels in yogurt and yogurt drinks and choose ones with lower amounts of added sugars.
- ▶ Buy lean meats (look for cuts with “loin” or “round” in the name) and skinless poultry (or remove the skin before or after cooking). Bake, broil, roast, grill, or steam instead of frying.
- ▶ Pick fatty fish like salmon, Atlantic or Pacific mackerel, tuna, and sardines for their heart-healthy omega-3 fatty acids. Find them fresh, frozen, canned, or in pouches.
- ▶ Buy dry or canned beans, peas, and lentils. Look for reduced-sodium canned beans or rinse regular beans under cold water to reduce sodium.
- ▶ Stock up on herbs and spices to season foods instead of using salt.
- ▶ For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Oils contain less saturated fat than solid fats like butter and lard.
- ▶ For spreads, buy soft tub, liquid, or spray margarines for less saturated fat than butter or stick margarine. Look for products with no *trans* fat by checking the Nutrition Facts label and the ingredients for words like “partially hydrogenated.”
- ▶ Pick up nutritious snacks, such as unsalted nuts, reduced-fat cheese, and fruit. Go easy on higher calorie, less nutritious foods like chips, cookies, cakes, and candy.

FOR MORE MEAL PLANNING AND SHOPPING TIPS ...

For meal planning tips, shopping lists, quick breakfast, lunch and dinner ideas, and more, visit the Academy of Nutrition and Dietetics website at www.eatright.org and the American Diabetes Association website at www.diabetes.org.



GLUTEN-FREE MEAL PLANNING

Following a gluten-free diet takes careful planning, but it's easier than ever thanks to the wide variety of gluten-free foods available today. Read on for gluten-free meal planning, shopping, and food preparation tips.

GLUTEN Q&A

What is gluten?

Gluten is a protein in wheat, barley, and rye. Most breads, pastas, breakfast cereals, cookies, and crackers contain gluten. Other foods—like soups, sauces, condiments, and gravies—sometimes contain gluten, as do some supplements and medications.

Who should follow a gluten-free diet?

People who have been tested for and diagnosed with celiac disease or non-celiac gluten sensitivity (gluten intolerance) by their doctor should follow a gluten-free diet.

How can I spot gluten-containing foods when I shop?

Each time you shop, read the labels on all packaged foods because recipes and labels may change. You can safely enjoy most foods labeled “gluten-free.”

If a food is not labeled gluten-free, read the ingredients list and the “Contains” statement

continued

Meal Planning Tips

- ▶ Plan meals around naturally gluten-free foods. Fresh fruits and vegetables, beans, lentils, plain meat, poultry, fish, eggs, and many dairy products do not contain gluten.
- ▶ Enjoy gluten-free whole grains and flours. Amaranth, buckwheat, quinoa, sorghum, millet, teff, and brown rice are healthy and tasty options.
- ▶ Choose refined gluten-free grain foods that are enriched or fortified. Some gluten-free breads, pastas, and breakfast cereals are made with white rice, milled corn, or tapioca starch. Look for enriched or fortified versions of these refined grains to get more nutrients, such as iron, B vitamins, and folic acid.
- ▶ Follow gluten-free recipes—they're readily available online. See the box, **Gluten-Free Recipe Finder**, for resources.

Gluten-Free Shopping—Label Reading Is Key

- ▶ Look for foods labeled “gluten-free” throughout the aisles and, in some stores, in a special aisle stocked with gluten-free foods. Food companies that label their products gluten-free must follow strict processing and labeling rules.
- ▶ Whenever possible, buy grain-based foods labeled gluten-free. Examples are flours, baking mixes, pastas, breakfast cereals, frozen waffles, crackers, and cookies.

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on the label. In general, any of the words in the list below mean the food contains gluten. If in doubt, contact the manufacturer through their website or look for a toll-free number on the package.

Ingredients that contain gluten:

- ▶ Wheat (durum, einkorn, graham, semolina, kamut, spelt, emmer, farro, germ)
- ▶ Barley
- ▶ Rye
- ▶ Triticale
- ▶ Oats (unless labeled “gluten-free”)
- ▶ Malt and malt flavoring (unless a gluten-free source is named, such as corn malt)
- ▶ Malt vinegar
- ▶ Brewer’s yeast



GLUTEN-FREE RECIPE FINDER

Beyond Celiac:
www.beyondceliac.org/gluten-free-diet

National Celiac Association:
www.nationalceliac.org/gluten-free-recipes

Gluten Intolerance Group:
www.gluten.org/resources/recipes

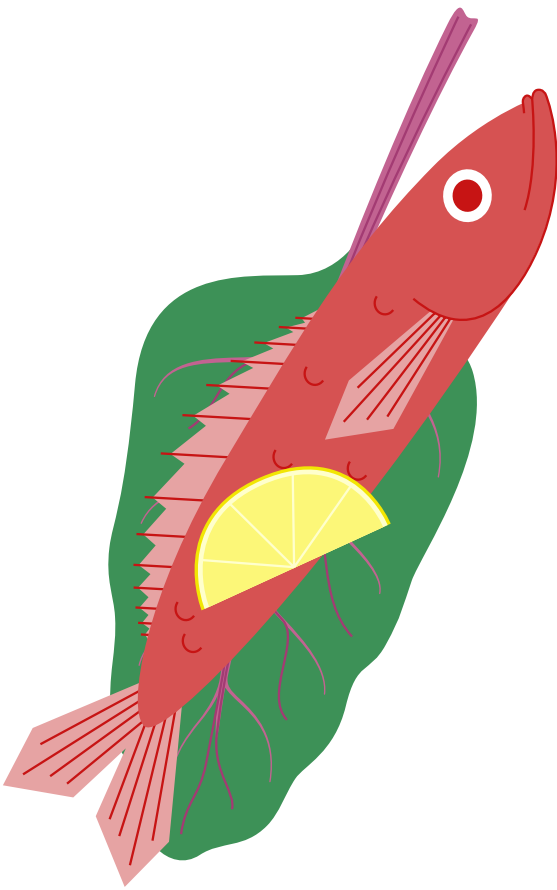
Celiac Disease Foundation:
www.celiac.org/live-gluten-free/gluten-free-recipes

- ▶ If you spot “contains wheat” on a food’s allergen listing, you know it contains gluten. But the absence of wheat doesn’t mean the food is gluten-free—it could still contain other gluten-containing ingredients, such as barley or rye, which aren’t required to be listed as allergens. Carefully read the ingredients list.
- ▶ Be aware that advisory statements, such as “processed in a facility that also processes foods containing wheat” or “may contain wheat” are voluntary. Some manufacturers may use them to alert consumers to how a food product *may* have been processed.

Meal-Prep Tips to Avoid Cross-Contact

Contact with a food that contains gluten will contaminate gluten-free foods. Even a small amount can be harmful to a person with celiac disease. Here’s how to keep foods safe:

- ▶ Store gluten-free foods separate from foods that contain gluten.
- ▶ Buy separate containers of spreads, such as peanut butter, jelly, mayonnaise, and other foods eaten on bread.
- ▶ If possible, use separate cutting boards, knives, pasta strainers, serving utensils, baking pans, and other kitchen tools for preparing gluten-free and gluten-containing foods. Or, prepare gluten-free foods first and clean all tools thoroughly after each use.
- ▶ Microwave gluten-free foods on a clean plate. Use a separate or clean-splatter cover for gluten-free foods.
- ▶ If possible, use a separate toaster for gluten-free foods or use toaster bags. If you use a toaster oven, place gluten-free foods on a piece of foil.
- ▶ Keep your microwave, toaster oven, and grill clean.



MEAL PLANNING AND SHOPPING FOR HEART HEALTH

Following a healthy meal plan is an important—and enjoyable—step to help lower your risk for heart disease. Get started with the ideas and tips below.

Meal Planning for Heart Health

Plan your meals around these foods:

- ▶ A wide variety of colorful fruits and vegetables
- ▶ Whole grains—aim for at least 3 servings a day
- ▶ Fat-free and low-fat dairy foods
- ▶ Skinless poultry and fish (Enjoy fish at least 2 times a week, especially types that are high in beneficial omega-3 fatty acids. Salmon, Atlantic or Pacific mackerel, lake trout, tuna, herring, and sardines are among the highest.)
- ▶ Beans (such as kidney beans, black beans, and chickpeas), lentils, and split peas
- ▶ Nuts and seeds
- ▶ Vegetable oils

Go easy on the following:

- ▶ Saturated fat in foods like fatty meats, poultry skin, full-fat dairy foods, and tropical oils, such as coconut and palm oils
- ▶ *Trans* fat in stick margarine, vegetable shortening, and prepared foods, such as cakes, cookies, crackers, snack foods, and commercially fried foods
- ▶ Sodium in table salt and in packaged and prepared foods, such as canned soups, lunch meats, and frozen dinners
- ▶ Added sugars in sweets (such as candy, cakes, and pies) and sugar-sweetened beverages

THE FIBER FACTOR

Eating foods with a type of fiber found in beans, oats, barley, nuts, brussels sprouts, citrus fruits, and apples may help lower blood cholesterol levels, which can protect against heart disease. Try these ideas to boost fiber in your meal plan:

- ▶ Start the day with a bowl of oatmeal. Or serve it for dinner as a savory side dish—cook in low-sodium broth with your favorite chopped veggies.
- ▶ Make a meatless meal of bean and vegetable chili or stuffed peppers with a lentil filling.
- ▶ Mix up some mushroom barley, black bean, lentil, or split pea soup.

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- ▶ Add orange segments to a spinach salad.
- ▶ Serve roasted brussels sprouts with a drizzle of balsamic vinegar.
- ▶ Sprinkle chopped nuts on low-fat or fat-free yogurt.
- ▶ Snack on apples spread with peanut butter or almond butter.



Heart Healthy Grocery Shopping and Meal Prep

- ▶ Use the Nutrition Facts label to compare the nutrients in a serving of similar foods. Choose foods with more dietary fiber and less saturated fat, sodium, and added sugars. Also choose foods labeled “0 grams *trans* fat” and without partially hydrogenated oils in the ingredient list.
- ▶ Load up on fruits and vegetables—fresh, frozen, canned, jarred, and dried are all fine. Look for plain frozen vegetables, “reduced sodium” or “no added salt” canned vegetables, canned and jarred fruits that are unsweetened or packed in their own juice, and dried fruits without added sugars.
- ▶ Choose whole-grain types of bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti. Or try an “ancient” grain like quinoa, buckwheat, or millet as a side dish.
- ▶ Select low-fat and fat-free milk, yogurt, and cheese. Compare added sugar levels in yogurt and yogurt drinks and choose those with less added sugars.
- ▶ Choose lean meats (look for cuts with “loin” or “round” in the name) and trim off visible fat before cooking. Choose skinless poultry or remove the skin before or after cooking. Bake, broil, roast, grill, or steam instead of frying.
- ▶ Try a plant-based protein, such as tofu, tempeh, veggie burgers, and veggie crumbles.
- ▶ Pick fish that’s fresh, frozen, canned, or in pouches.
- ▶ Buy dry or canned beans, peas, and lentils. Look for reduced-sodium canned beans or rinse regular beans under cold water to reduce sodium.
- ▶ Add flavor to foods with herbs, spices, and flavored vinegars instead of salt. Choose low-sodium beef, chicken, and vegetable broth.
- ▶ For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Avocado, peanut, and sesame oils are good choices as well.
- ▶ For spreads, buy soft tub, liquid, or spray margarines without *trans* fats rather than butter or stick margarine.
- ▶ Choose nutritious snacks, such as unsalted nuts and seeds, hummus with baby carrots, and fruit. Limit less nutritious options like chips, cookies, cakes, and candy.

FOR MORE MEAL PLANNING AND SHOPPING TIPS...

For heart healthy recipes, meal planning ideas, and shopping tips, visit the Academy of Nutrition and Dietetics website at www.eatright.org and the American Heart Association website at www.heart.org.



MEDITERRANEAN STYLE MEAL PLANNING

The Mediterranean diet is a healthful and delicious eating style you can enjoy for a lifetime. Learn more about it and get meal-planning and shopping tips below.

Shop the Mediterranean Way

A Mediterranean eating style is easy and affordable to follow with foods from your local supermarket. Here's what to look for when you shop:

- ▶ Look for a wide variety of colorful fruits and vegetables. Fresh, frozen, canned, and dried versions and 100% juices all count.
- ▶ Pick out mostly whole-grain types of cereals, breads, pasta, and rice. Experiment with different grains like whole-wheat couscous, bulgur, and farro.
- ◀▶ Choose seafood that's rich in omega-3 fatty acids, such as salmon, trout, sardines, tuna, anchovies, herring, Pacific oysters, and Atlantic and Pacific mackerel. Canned and frozen fish are fine—look for options that are lower in sodium.
- ▶ Opt for low-fat or fat-free Greek or regular yogurt or cheese. To limit added sugars, buy plain yogurt and sweeten it with fruit or a touch of honey. Choose flavorful cheeses (such as Greek feta, Italian Parmesan, or Spanish manchego) so that a little goes a long way.
- ▶ Add protein sources like beans, seafood, eggs, and poultry. Buy red meat less often—it's eaten only in small amounts or used as a garnish as part of the Mediterranean diet.
- ▶ Pick olive oil and other foods that contain healthy fats, such as avocados, olives, nuts, and seeds.



TAKE THE SALAD BAR SHORT CUT

For speedier meal prep, visit the supermarket salad bar for ready-to-use ingredients like precut fruits and vegetables, garbanzo beans and kidney beans, marinated artichokes, olives, roasted red peppers, unsalted nuts, and seeds.

MEDITERRANEAN-STYLE EATING Q&A

What is the Mediterranean diet?

It's a healthful and delicious way to eat based on the traditional cuisine of countries bordering the Mediterranean Sea. It's not a restrictive "diet" in the traditional sense.

What are the health benefits of Mediterranean eating?

This style of eating may help promote a healthy body weight and may reduce the risk for heart disease, type 2 diabetes, and certain cancers. It provides plenty of beneficial antioxidants, dietary fiber, and healthy fats, including omega-3s.

Which foods are included in the Mediterranean diet?

The Mediterranean diet emphasizes plant-based foods (such as fruits, vegetables, whole grains, and beans) and healthy fats from foods like nuts, seeds, avocados, and olive oil. It also includes seafood, moderate amounts of low-fat or fat-free yogurt and cheese, and smaller amounts of meats and sweets.

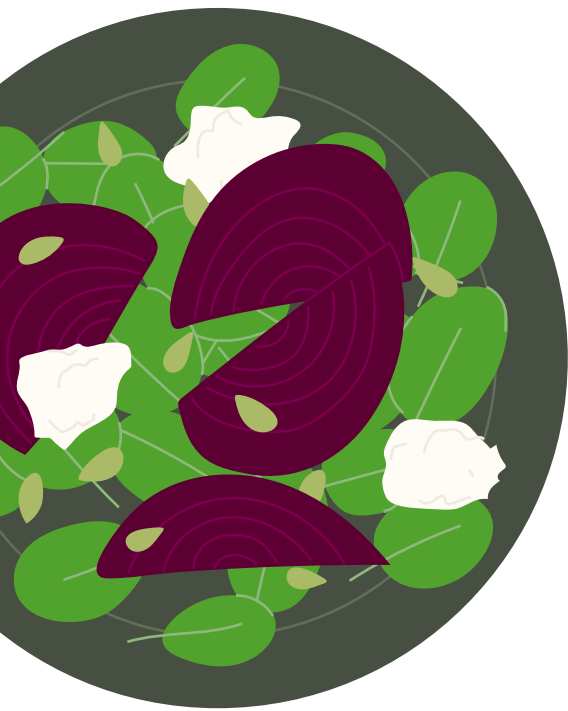
What else is important for good health?

People from Mediterranean countries follow certain lifestyle habits that may contribute to the eating plan's healthful effects. They cook more meals at home, share relaxing meals with family and friends, and may drink a glass of wine with dinner. They also drink lots of water throughout the day and tend to be physically active.

Mediterranean Meal Prep

Try these ideas for colorful and appealing meals and snacks:

- ▶ Start the day with cooked bulgur (cracked wheat) topped with plain low-fat Greek yogurt, pistachios, and chopped dried dates.
- ▶ Enjoy a vegetarian meal at least 1 time each week. Consider a hearty lentil stew or minestrone soup brimming with beans and vegetables.
- ▶ Serve seafood at least 2 times a week. Bake salmon and top with chopped fresh dill or toss canned sardines and chopped veggies into an arugula salad.
- ▶ Snack on small portions of dried apricots and walnuts or almond butter and raisins on whole-grain crackers.
- ▶ Lunch on a frittata—a flat, Italian-style omelet that you can load with veggies.
- ▶ Dip whole-wheat pita or raw veggies into hummus (garbanzo bean dip), baba ghanoush (eggplant dip), or tzatziki (yogurt-cucumber dip).
- ▶ Spice up your cooking with Mediterranean flavors from basil, oregano, mint, bay leaf, garlic, cumin, fennel, parsley, rosemary, and thyme.
- ▶ For savory flavor, add chopped sundried tomatoes, olives, or anchovies to salads, pasta sauces, and veggie pizzas.
- ▶ Sauté greens like spinach, Swiss chard, or broccoli raab in olive oil and garlic and serve with a splash of lemon juice. Use spicy salad greens like arugula, baby kale, and escarole in tossed salads.
- ▶ Serve crusty whole-grain bread with olive oil for dipping. Dress salads with olive oil and red wine vinegar.
- ▶ For dessert, enjoy fresh fruit. Or try a baked apple topped with low-fat Greek yogurt and a dash of cinnamon, a fresh pear with a piece of cheese, or a few dried cherries with a small square of dark chocolate.



VEGETARIAN MEAL PLANNING

A well-planned vegetarian diet is a delicious way to eat that may provide health benefits as well. That's because an eating plan that is rich in plant foods may help to reduce the risk of heart disease, high blood pressure, type 2 diabetes, obesity, and some cancers.

Vegetarians mostly eat plant foods (such as fruits, vegetables, whole grains, beans and peas, and seeds and nuts) and do not eat meat, poultry, and fish. Some vegetarians eat eggs, dairy foods, or both, while others (called vegans) don't eat any animal foods or foods with ingredients that come from animals.

Meal Planning and Shopping for Good Nutrition

Whatever your vegetarian eating style is, it's important to eat a wide variety of foods to meet your nutrition needs. Go for these nutrients and food choices when you plan and shop for meals and snacks:

- ▶ **Protein:** Beans and peas, nuts and seeds, soy foods (such as tofu and tempeh), whole grains (such as quinoa, sorghum, and teff), eggs, and dairy foods.
- ▶ **Omega-3 fatty acids:** Ground flaxseeds, chia seeds, hempseeds, walnuts, soy nuts, canola oil, soybean oil, and some other plant oils.
- ▶ **Calcium:** Dairy foods (such as low-fat or fat-free milk, yogurt, and cheese) and plant foods like dark, leafy greens (such as mustard, collard, and turnip greens and bok choy), broccoli, beans, and dried figs. Also look for tofu prepared with calcium and calcium-fortified foods and beverages (such as breads, ready-to-eat cereals, juices), and plant-based milks like soy, almond, or rice milk. Check the labels to be sure calcium has been added.
- ▶ **Tip:** Try other sources of calcium like beet greens, rhubarb, spinach, Swiss chard, and the grain amaranth. Note that the amount of calcium absorbed by the body from these plant foods can vary.

STOCKING THE VEGETARIAN KITCHEN

A well-stocked kitchen is a key to quick and easy vegetarian meals and snacks. Below are some ideas for what to keep on hand.

Refrigerator

- ▶ Fresh fruits and vegetables
- ▶ Dairy or soy foods (milk, yogurt, cheese, tofu, tempeh)
- ▶ Eggs

Freezer

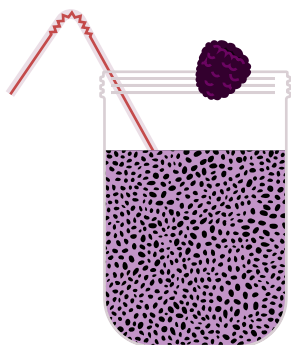
- ▶ Unsweetened frozen fruits
- ▶ Frozen vegetables without added sauces or salt
- ▶ Veggie burgers or crumbles
- ▶ Vegetarian entrées and vegetable pizza

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Pantry

- ▶ Whole grains (such as oats, whole-grain barley, brown rice, quinoa, millet, sorghum, teff, farro, and spelt)
- ▶ Whole grain cereals, breads, pastas, and crackers
- ▶ Canned or dried beans (such as pinto beans, black beans, and chickpeas), lentils, and split peas
- ▶ Low-sodium vegetarian broth and soups
- ▶ Canned vegetables with no added salt (such as tomatoes, artichoke hearts, green beans, and corn)
- ▶ Peanut butter, nut and seed butters, and tahini (sesame seed spread)
- ▶ Nuts and seeds (such as almonds, pistachios, walnuts, chia seeds, hemp seeds, and sunflower seeds)
- ▶ Canned fruit packed in 100% juice or water
- ▶ Dried fruit (such as raisins, plums, apricots, and cherries)



- ▶ **Iron:** Beans and peas, dark green vegetables (such as spinach and beet greens), some dried fruits, prune juice, pumpkin seeds and sesame seeds, soy nuts, edamame (green soybeans), and iron-fortified breads and cereals.
 - ▶ *Tip:* To help your body absorb more iron from plant foods, eat them with vitamin C-rich foods and drinks such as citrus fruits and 100% juices, broccoli, tomatoes, and bell peppers.
- ▶ **Zinc:** Beans (such as white beans, kidney beans, or chickpeas), whole-grain foods (such as oatmeal, whole-wheat bread, and brown rice), wheat germ, zinc-fortified cereals, and dairy foods.
- ▶ **Vitamin B12:** Eggs, dairy foods, some fortified cereals and soy drinks, and nutritional yeast.
- ▶ **Vitamin D:** Dairy foods and some fortified cereals and soy drinks.

Vegetarian Meal and Snack Ideas

Breakfast

- ▶ Yogurt (soy or dairy) mixed with chopped fresh fruit and chia seeds
- ▶ Oatmeal made with low-fat or fat-free milk or soy milk, with nuts and dried cranberries
- ▶ Toasted whole-wheat bagel topped with peanut butter and sliced banana

Lunch and Dinner

- ▶ Veggie burger, lettuce, and tomato on a whole-grain bun plus sweet potato chips
- ▶ Lentil and greens soup with whole-grain crackers
- ▶ Burritos filled with beans, textured vegetable protein (TVP), tofu or tempeh, and chopped vegetables
- ▶ Tofu and vegetable stir-fry over brown rice or noodles
- ▶ Whole-grain pasta with tomato sauce plus spinach salad
- ▶ Bean and vegetable chili and whole-grain cornbread

Snacks

- ▶ Air-popped popcorn sprinkled with Parmesan cheese or nutritional yeast
- ▶ Hummus with whole-wheat pita bread and raw vegetables
- ▶ Trail mix made with unsalted nuts, whole-grain cereal, and dried fruit
- ▶ Slice of veggie pizza



GROCERY SHOP FOR GOOD HEALTH

Grocery shopping today has a new look. You can still visit a brick-and-mortar store, but you can also order groceries online for curbside pickup at the store or delivery right to your door.

No matter how you shop, the basics of healthy eating remain the same. Use the tips below to maximize nutrition and trim saturated fat, sodium, and added sugars in the aisles.

STRATEGIC SHOPPING TIPS

Staying organized is a key to saving time and money when you grocery shop.

- ▶ **Create a “master” list of frequently purchased items.** That way, you can quickly check off what you need on your next shopping trip.
- ▶ **Don’t overbuy.** Check your fridge, freezer, and pantry for items already on hand.
- ▶ **Make a shopping list.** Put it on paper or use a meal-planning app that generates a shopping list based on your chosen recipes. Many supermarkets offer apps that let you make lists and clip electronic coupons.
- ▶ **Be efficient at the store.** Organize your list according to your store’s layout to avoid backtracking. Stick with the items on your list to avoid costly impulse purchases. Shop at less busy times.

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Fruits and Vegetables

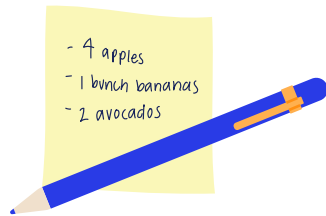
- ▶ Choose multiple colors of fresh produce to get a variety of nutrients. To minimize waste, don’t buy more than you need for the week.
- ▶ Pick up time savers, such as prewashed lettuce and greens and precut fruits and vegetables.
- ▶ Stock up on frozen, canned, jarred, and dried options. Choose plain frozen vegetables and reduced-sodium or no-added-salt versions of canned vegetables. Look for unsweetened canned and jarred fruits, or types packed in their own juice. Choose dried fruits without added sugars.
- ▶ Select 100% fruit juices—they don’t contain added sugars. Choose reduced-sodium versions of vegetable juices.

Grain-Based Foods

- ▶ Choose mostly whole-grain versions of foods like bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti.
- ▶ Enjoy ancient grains like quinoa, amaranth, and millet. These examples are whole grains, too.

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- **Shop smart online.** Review your past orders (usually available under your account information) to jog your memory for items you need. Stick to your list and resist the impulse to add unneeded items to your online cart.



GET THE NUTRITION FACTS ... AND MORE

Use the Nutrition Facts panel, ingredient list, and allergen list on food labels to make choices that meet your nutrition goals and to avoid any ingredients of concern. For instance, if your goal is to increase the amount of fiber you eat, compare the grams of dietary fiber in a serving of various cereals. Or, check the allergen statement to be sure a food is safe for someone with food allergies.

In many cases, you can learn even more details about a food by scanning the square QR (quick response) code on the package with your smartphone. You may receive nutrition, ingredient, and allergen information, safe handling and usage instructions, company product advisories, and more.

Dairy

- Select low-fat and fat-free versions of milk, yogurt, and cheese.
- Compare added sugar levels in yogurt products and choose those with lower amounts of added sugars most often.
- Look for calcium-fortified soy milk, if you choose not to drink milk. It contains a similar amount of protein, whereas other plant-based beverages can vary in their protein, vitamin, mineral, and added sugar content, so carefully compare labels.

Protein Foods

- Choose lean meats—look for cuts with “loin” or “round” in the name.
- Buy skinless poultry or remove the skin before or after cooking.
- Choose fatty fish like salmon, Atlantic or Pacific mackerel, tuna, and sardines for their heart-healthy omega-3 fatty acids. Find them fresh, frozen, canned, or in pouches.
- Try plant proteins like nuts and seeds, peanut butter, almond butter, beans (kidney, black, pinto, garbanzo, and more), peas, and lentils.
- Buy economical bags of dry beans to make from scratch. For convenience, stock up on reduced-sodium canned beans, or rinse regular beans under cold water to reduce sodium.
- Experiment with soy proteins like edamame (green soybeans), tofu (soybean cake), and tempeh. But note that some foods like fermented soybean cake that may also contain grains.

Oils and Spreads

- For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Oils contain less saturated fat than solid fats like butter and lard.
- For spreads, buy soft tub, liquid, or spray margarines for less saturated fat than butter or stick margarine. Look for products with no *trans* fat by checking the Nutrition Facts label and in the ingredients for words like “partially hydrogenated.”



GET TO KNOW THE FOOD LABEL

The Nutrition Facts panel found on most food packages is a great tool to help you make healthful food choices while you shop. Use it to compare the nutritional value of foods and beverages and to select products that meet your nutrition needs. Read on for a quick lesson on label reading.

Servings per container and **serving size** show the number of servings in the package and the amount in 1 serving. If your serving size is different, adjust the other nutrients on the label up or down accordingly. Some food packages show a Nutrition Facts label with 2 columns of information: one with the calories and nutrients for 1 serving and one with the calories and nutrients for the entire package.

Calories means the number of calories per serving. Use this information to compare products and help track the calories you eat and drink.

Percent Daily Values (%DV) are listed next to the nutrient amounts. These percentages tell you how much a serving contributes to the daily recommended amount for each nutrient (known as the Daily Value) based on a 2,000-calorie diet. Your calorie needs may be higher or lower, so you may need more or less of certain nutrients. Use the %DV to compare nutrient levels in similar foods.

- ▶ 5% DV or less means low—go low for saturated fat, sodium, and added sugars.
- ▶ 20% DV or more means high—go high for dietary fiber, vitamins, and minerals.

Eat less **saturated fat**, **trans fat**, **sodium**, and **added sugars**, which may help reduce your risk for heart disease, high blood pressure, and some cancers. Compare and choose foods to get less than 100% DV of these nutrients each day. *Trans* fat has no % DV. Use the amount of grams to compare and keep your intake of *trans* fat as low as possible.

Get enough **dietary fiber**, **vitamins**, and **minerals** for good health and to help prevent certain diseases. Labels must list the amounts of **vitamin D**, **calcium**, **iron**, and **potassium** in foods and might list other vitamins and minerals as well. Compare and choose foods to get 100% DV of these nutrients on most days.

Nutrition Facts	
8 servings per container	
Serving size	16 crackers (55g)
Amount Per Serving	
Calories	230
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 8g Added Sugars	16%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 30mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED FLOUR (NIACIN, REDUCED IRON, THIAMIN MONOCITRATE, RIBOFLAVIN, FOLIC ACID), CANE SUGAR, MOLASSES, CORN SYRUP, CANOLA (RAPE SEED) OIL, MILK CHOCOLATE (SUGAR, COCOA BUTTER, CHOCOLATE, MILK, LACTOSE, MILK FAT, SOY LECITHIN) EGGS, SODIUM BICARBONATE, VANILLA EXTRACT, SALT, POTASSIUM SORBATE

CONTAINS: EGG, MILK, SOY, AND WHEAT. MANUFACTURED IN A FACILITY THAT PROCESSES TREE NUTS

THE TOP 8 FOOD ALLERGENS

Food labels must provide a statement listing the 8 most common food allergens (listed below) present in the food or drink. Look for the bolded allergen statement at the end of or below the ingredient list.

Tip: If you have a food allergy, check the label every time you buy a food because ingredient formulations can change.

- ▶ Milk
- ▶ Eggs
- ▶ Fish
- ▶ Crustacean shellfish (such as shrimp and lobster)
- ▶ Tree nuts (such as almonds, walnuts, and pecans)
- ▶ Peanuts
- ▶ Wheat
- ▶ Soybeans

Total carbohydrate is the total amount of starches, sugars, sugar alcohols, and dietary fiber in a food. Choose carbohydrates that also provide dietary fiber, vitamins, and minerals, such as whole grains, vegetables, and fruits. Limit added sugars to less than 10% of total calories per day, which is no more than 50 grams of added sugars for a 2,000-calorie diet.

Protein helps the body build and maintain muscles and tissues. The label doesn't list a % Daily Value for protein because recommended daily amounts vary by age, sex, and activity level, and most people get enough. Choose a variety of foods with protein, such as lean meats, skinless poultry, eggs, seafood, low-fat or fat-free dairy products, nuts, seeds, soy products, and legumes (beans and peas).

An **ingredient list** is required for foods with more than 1 ingredient. Ingredients are listed in descending order by weight—those present in the largest amounts are listed first. Food manufacturers also must state if foods contain major food allergens. See the sidebar, **The Top 8 Food Allergens**.

Nutrient Content Claims

Did you ever notice statements on food labels such as “high in fiber” or “low sodium”? These “nutrient content claims” are strictly regulated and defined by the US Food and Drug Administration. When you shop, use them as a shortcut to find the right foods for you.

Below are some common claims and their definitions:

- ▶ **Low calorie:** Contains 40 calories or fewer per serving.
- ▶ **Low cholesterol:** Includes 20 milligrams (mg) or fewer of cholesterol and 2 grams or fewer of saturated fat per serving.
- ▶ **Reduced:** Provides at least 25% fewer calories and 25% less fat, saturated fat, cholesterol, sugars, or sodium than the usual product.
- ▶ **Good source of:** Provides at least 10% of the Daily Value (DV) of a particular nutrient per serving.
- ▶ **Calorie free:** Contains less than 5 calories per serving.
- ▶ **Fat free/sugar free:** Includes less than 0.5 gram of fat or sugar per serving.
- ▶ **Low sodium:** Contains 140 mg or fewer of sodium per serving.
- ▶ **High in/excellent source of:** Provides 20% or more of the DV of a specified nutrient per serving.





STOCKING A HEALTHY PANTRY

When your pantry is well stocked, a nutritious and tasty meal or snack is just minutes away. Get suggestions for what to stock and learn about 10 popular pantry staples below.

The Scoop on 10 Popular Pantry Staples

STOCKING A HEALTHY PANTRY

Check out the list of suggested pantry staples below and add your own favorites. Read labels to see if items should be refrigerated after opening.

- ▶ Beans, peas, and lentils (dry or reduced-sodium canned)
- ▶ Peanut butter, nut butters
- ▶ Pasta sauce (reduced sodium)
- ▶ Cans or pouches of seafood (such as tuna, salmon, and sardines)
- ▶ Canned fruit (water or packed in 100% juice)
- ▶ Canned vegetables (reduced sodium or no added salt)
- ▶ Canned soup (reduced sodium)
- ▶ Canned tomato products (such as whole, diced, and crushed; reduced sodium or no added salt)
- ▶ Jars of roasted red peppers, artichoke hearts, and olives

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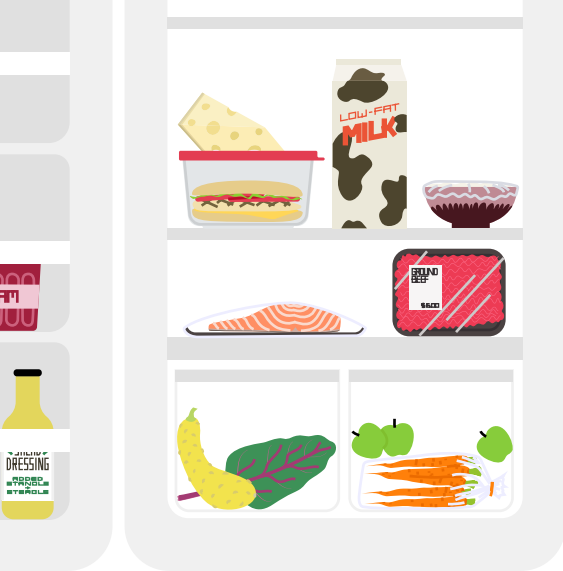
1. **Oats:** Oats provide iron and B vitamins and contain soluble fiber, which may help lower blood cholesterol. Oatmeal makes a satisfying breakfast, but you can also enjoy oats in smoothies, cookies, pancakes, and homemade granola and snack bars.
2. **Whole-grain ready-to-eat cereals:** Choose a cereal that lists a whole grain as the first ingredient. Compare the Nutrition Facts label on different brands to find options with at least 3 grams of dietary fiber and the fewest grams of added sugars per serving. Enjoy whole-grain cereal for a quick breakfast or snack or add to homemade trail mix.
3. **Whole grains:** Nutty-tasting brown rice is a whole-grain food that offers dietary fiber, protein, and B vitamins. Use it as a side dish and in salads, soups, and stuffing. Use other whole grains, such as quinoa, millet, and amaranth, in most recipes that call for rice.
4. **Whole-grain pasta:** Look for options made from whole wheat, brown rice, quinoa, or other whole grains. Whole-grain pasta is usually higher in dietary fiber and protein than enriched pasta. Stock a variety of shapes to use as an entrée with your favorite sauce or as an ingredient in soups, casseroles, and cold salads.
5. **Beans and lentils:** Dried and canned beans and lentils provide dietary fiber, protein, and B vitamins. Stock a variety, such as black, pinto, kidney, and white beans, and brown, green, and red lentils. Add them to salads, soups, chili, salsa, casseroles, and pasta.

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- ▶ Dried fruit (without added sugar)
 - ▶ Whole-grain, hot, and ready-to-eat cereals (such as oatmeal, shredded wheat, and whole-wheat flakes)
 - ▶ Whole grains (such as brown rice, barley, bulgur, farro, quinoa, buckwheat, millet, and sorghum)
 - ▶ Whole-grain pasta (such as spaghetti, rigatoni, and shells)
 - ▶ Whole-grain crackers
 - ▶ Popcorn (kernels or “light” microwave)
 - ▶ Vinegar (such as red wine, white wine, apple cider, balsamic, sherry, champagne, and unseasoned rice)
 - ▶ Salad dressing
 - ▶ Dried herbs and spices
 - ▶ Condiments (such as ketchup, mustard, salsa, and hot sauce)
 - ▶ Stock or broth (such as cans or cartons of unsalted or low sodium beef, chicken, vegetable, and seafood)
 - ▶ Shelf-stable beverages (such as 100% fruit juice or soy milk)
 - ▶ Cooking oils (such as olive, canola, corn, safflower, soybean, avocado, peanut, and toasted sesame)
-
6. **Tuna, salmon, and sardines (cans or pouches):** Packed with protein and heart-healthy omega-3 fats, use tuna, salmon, and sardines in salads, sandwich fillings, and casseroles, or for a snack on crackers.
 7. **Canned tomatoes:** Tasty canned tomatoes add vitamin C and the antioxidant lycopene to a variety of dishes. Use whole or crushed tomatoes for sauces and soups. Choose diced tomatoes for bruschetta, salsa, or guacamole.
 8. **Stocks and broths (unsalted or low sodium):** Stocks and broths add flavor to soups, stir-fries, sauces, stuffings, rice, pasta, and more.
 9. **Mustard:** Dijon or spicy brown mustard add creaminess and zesty flavor to salad dressings, sauces, marinades, and dips. It’s also great in chicken, beef, pork, and seafood dishes.
 10. **Cooking oils:** Keep a variety of oils for different purposes. For instance, use a fruity olive oil in salad dressings and neutral-flavored canola oil in baked goods. Drizzle toasted sesame oil onto stir-fried vegetables.

A Word About Food Product Dating

Dates on food products are not expiration or safety dates. Instead, terms like “best by” or “use by” indicate when a product should be used for best flavor or quality. Use these dates as a reference for how long to keep a food in your pantry for peak quality.



FOOD SAFETY: STORING FOODS

After a grocery shopping trip, use the storage tips below to help keep foods safe in the refrigerator, freezer, and pantry.

FOOD SAFETY: THERE'S AN APP FOR THAT

To find out how long foods stay safe in the refrigerator, freezer, and pantry, download the US Department of Agriculture's *FoodKeeper* app or check out the online version at www.foodsafety.gov/keep/foodkeeperapp



Where Foods Go in the Fridge

- ▶ Raw meats, poultry, and seafood go on the bottom shelf in their original packaging or in sealed containers to keep their juices from dripping onto other foods. To further prevent dripping, place these foods on a plate.
- ▶ Ready-to-eat foods, such as deli items or prepared meals, go on the upper shelves in clean, airtight containers.
- ▶ Unwashed fresh fruits and vegetables go in crisper drawers. Washing produce before storage may lead to the growth of mold.
- ▶ Perishable foods like eggs and milk go on refrigerator shelves, not in the door where the temperature can change from opening and closing it.
- ▶ Condiments go in the refrigerator door.
- ▶ Foods that are refrigerated at the supermarket go in the refrigerator at home.

Freezer Storage Tips

- ▶ Freeze raw meat, poultry, fish, and seafood before the “use by” date on the package.
- ▶ Leftovers should be frozen within 3 to 4 days.
- ◀ Do not freeze (or refrigerate) prepared or cooked foods left at room temperature for more than 2 hours (or 1 hour if the temperature is above 90 °F)—throw them away.

IS YOUR REFRIGERATOR TEMPERATURE SAFE?

Keeping your refrigerator and freezer at the right temperatures helps keep foods safe to eat and prolongs freshness.

In the Fridge

- ▶ Set the refrigerator temperature at **40°F or a few degrees colder**. Keep an appliance thermometer on the center shelf to confirm that the temperature is correct. When the temperature is higher than 40°F, there is a greater risk that bacteria will grow.
- ▶ Keep air flowing to make sure the refrigerator stays cold. Don't overload shelves or line them with aluminum foil.

In the Freezer

- ▶ Set the freezer temperature at **0 °F**. Use an appliance thermometer to confirm that the temperature is correct.
 - ▶ Don't overstock the freezer or block the vent at the back of the freezer, which can prevent cool air from circulating.
 - ▶ Follow the manufacturer's instructions to defrost the freezer if you see ice buildup.
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Pantry Strategies

- ▶ Store shelf-stable foods in a cool, dry area—not above the stove or sink. Moisture and heat can cause foods to spoil and allow pests (like insects) to reproduce more easily.
- ▶ Read food labels for storage information. Some shelf-stable foods must be refrigerated after opening.
- ▶ Regularly check for foods that have become a food-safety risk and throw them away. For example:
 - ▶ Bulging, leaking, dented, or rusted food cans
 - ▶ Moldy bread or muffins
 - ▶ Potatoes, onions, and garlic if they are moldy, smell "off," or have soft spots
- ▶ Store home cleaners and other household chemicals in a separate area away from food. Always keep the original label on chemicals and cleaning products to prevent misuse.

Keeping a Clean Routine

In the Fridge

- ▶ Clean the inside of the refrigerator weekly with hot, soapy water and a clean cloth or paper towel.
 - ▶ *Tip:* Clean the refrigerator before you go grocery shopping, when there are fewer items inside.
- ▶ Wipe up spills right away with hot, soapy water and a clean cloth or paper towel.

In the Pantry

- ▶ Check open containers for pests. If you find pests, check all other foods, throw away affected items, and thoroughly clean the storage space.
- ▶ Clean up spills or crumbs right away to avoid attracting pests.
- ▶ Keep foods off the floor so they won't attract pests.



FOOD SAFETY: SHOPPING AND TRANSPORTING GROCERIES

Food safety starts right at the supermarket. To help keep your groceries safe, follow these tips for shopping and transporting them home.

General Safety Tips

- ▶ Use a sanitizing wipe on the handle and seat of your grocery cart, which may contain harmful bacteria. Many stores supply wipes near the carts or bring your own.
- ▶ Bring hand sanitizer and use it before sampling foods at the store.
- ▶ Make sure food packages are free from debris, holes, tears, or openings.



KEEP A CLEAN ROUTINE FOR REUSABLE TOTES

Did you know that reusable grocery totes need regular cleaning? That's because raw meat, poultry, eggs, or other raw foods could leave behind harmful bacteria that could spread to other foods.

Use these tips to help keep your reusable totes safe:

- ▶ At check-out, put meat, poultry, and seafood in a plastic bag before placing in a separate tote away from

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10 Tips for Food Safety in the Aisles

1. Pick produce that is free of major bruises and damage.
2. When buying precut fresh produce, make sure it's refrigerated or set in ice.
3. Keep fruits and vegetables separate from raw meat, poultry, and seafood products in your cart.
4. Put raw meat, poultry, and seafood in plastic bags before placing them in your cart to keep bacteria-containing juices from leaking onto other items in your cart. Plastic bags are usually provided near the meat case, or grab some from the produce department.
5. At the butcher counter, choose precooked meats and fish that are completely separated from raw items in the display.

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ready-to-eat foods. This help prevents juices from leaking and contaminating your reusable totes and food.

- ▶ At home, reduce cross-contamination by cleaning areas where you place your totes, such as the kitchen counter or table.
 - ▶ Wash reusable cloth totes frequently in the washing machine or by hand with hot, soapy water. Wipe down plastic bags with antibacterial sprays.
 - ▶ Store totes in a clean, dry location. Avoid leaving totes in the trunk of a vehicle.
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6. Make sure cartons of milk, yogurt, cottage cheese, and other dairy products are cold. Lukewarm cartons might have been left unrefrigerated long enough for bacteria to grow.
7. Choose clean eggs that aren't broken or cracked.
8. Avoid frozen foods that show signs of thawing.
9. Buy perishable items like meat and dairy products toward the end of your shopping trip so they stay chilled longer.
10. Don't buy canned goods that are deeply dented, bulging, or rusting.

At the Checkout

- ▶ Ask the cashier to place your raw meat, poultry, and seafood items in a separate bag so their juices don't leak onto ready-to-eat items like produce, bread, or snacks.
- ▶ Bag frozen foods together to keep them cold.

Transporting and Storing

- ▶ If possible, go straight home after grocery shopping because perishable foods must be refrigerated within 2 hours (or 1 hour if it's hotter than 90 °F outside). This includes the time foods were in your cart at the store.
- ←▶ If you know you can't go straight home, bring a cooler bag with ice packs to store perishable items.
- ▶ Refrigerate or freeze perishable foods as soon as you get home so they don't get warm enough for bacteria to grow. Set your refrigerator temperature at 40 °F or below and your freezer temperature at 0 °F or below.
- ▶ Wash reusable grocery bags regularly. For tips, see the sidebar **Keep a Clean Routine for Reusable Totes**.



