

# HEALTHY GROCERY SHOPPING

I'm trying to eat healthier to improve my sports performance, but when I walk into the grocery store I have no idea where to start shopping. What do I look for when shopping for healthy foods to support my performance?

Grocery shopping can be confusing when you are trying to eat healthy. Many grocery items make promises and claims that are misleading. Use the tips and lists shown here to support your sports performance goals.

## GROCERY SHOPPING TIPS

### 1. SHOP THE PERIMETER

Enter the grocery store via the produce department entrance. Continue around the perimeter to the fish counter, the meat section and dairy section. Following this path allows you to base your shopping around whole, fresh foods — those that are closest to their natural state, need refrigeration, and contain minimal processing or packaging. You'll only need to go into a few aisles to gather other healthful items such as cereals, grains, legumes and frozen foods.

### 2. HAVE A LIST

By using a list that focuses on your goals of becoming a healthier eater and stronger athlete, you'll outsmart false and misleading advertisements.

Information presented by



## SHOPPING LIST

### PRODUCE

- Green leafy vegetables for salads, sautéing and smoothies (mixed salad greens, romaine lettuce, spinach leaves, kale, Swiss chard, collard greens)
- Veggies for sandwiches, salads and snacking (cucumbers, celery, tomatoes, carrots)
- Veggies for stir frying, roasting and sautéing (broccoli, cauliflower, snap peas, mushrooms)
- Starchy veggies that are good sources of complex carbohydrates (butternut squash, sweet potatoes, red potatoes, acorn squash, spaghetti squash)
- Fresh fruits (look for produce that is currently in-season for the best price)

### POULTRY, MEAT, FISH, AND SHELLFISH

- Boneless chicken breast (for fajitas, stir frying, and grilling)
- Chicken breast on the bone (for roasting or slow cooking)
- Turkey breast (extra lean ground turkey breast for turkey burgers, chili and turkey meatballs)
- Turkey breast on the bone (for roasting)
- Fresh fish (wild salmon is among the highest sources of omega-3 fatty acids)
- Shellfish (shrimp, mussels, clams, crab meat, lobster) are rich in lean protein and micronutrients
- Lean beef (choose sirloin, filet, or tenderloin cuts to reduce saturated fat intake)
- Deli meats (choose organic, nitrate- and nitrite-free brands)

### BEANS AND LEGUMES

- Dried beans (lentils, chick peas)
- Canned beans (cannellini beans, black beans, pinto beans, kidney beans)
- Lentils
- Split peas (terrific for making a hearty soup)

### FROZEN FOODS

Keep frozen foods on hand for a quick, healthy meal.

- Frozen fruit (great for smoothies)
- Frozen veggies (perfect to store in the freezer for when you run out of fresh produce)
- Edamame (great for snacking or adding to salads and soups)

### HEALTHY FATS

- Cooking oils such as olive oil, avocado oil, flaxseed oil, macadamia nut oil, and safflower oil
- Avocado and guacamole (found in produce section)
- Nuts (almonds, walnuts, cashews, pistachios, pine nuts)
- Seeds (sunflower seeds, flax seeds, sesame seeds, pumpkin seeds)
- Natural peanut butter and other nut butters (sunflower butter, almond butter, soy nut butter). Nuts should be the only ingredient in nut butters, except perhaps salt; make sure there are no added fats, oils, preservatives or sugar.

## 3. READ ALL LABELS

The Nutrition Facts Panel lists the product's total calories and grams of sodium, fiber, carbohydrates, protein and fat. The ingredients label is equally as important. Beware of unnatural and potentially harmful ingredients such as hydrogenated fats (trans fats), saturated fats (e.g., palm kernel oil), artificial sweeteners (e.g., sorbitol, aspartame, sucralose, saccharin), sodium nitrates and sodium nitrites, artificial colors (e.g., yellow 5 and 6, red 40 and 3, blue 1, 2 or 3, orange B), Monosodium glutamate (MSG), and added sugar (e.g., high fructose corn syrup).



### DAIRY AND EGGS

Choose fat-free or low-fat.

- Plain fat-free Greek yogurt
- Cottage cheese
- Cream cheese
- Skim milk
- Chocolate milk
- Eggs and egg whites
- Low-fat cheeses (cheddar, mozzarella, feta, etc.)

### WHOLE GRAINS, CEREALS, BREADS, PASTAS AND CRACKERS

Choose varieties with 5 grams of fiber or more, 5 grams of sugar or less, 100 percent whole grain, no trans fats, and no high-fructose corn syrup.

- Whole or steel-cut oats
- Oat bran cereal
- Multigrain hot cereal
- Cream of wheat cereal
- Brown rice
- Wild rice
- Certain processed grains are acceptable in moderation: whole grain pasta, rice crackers, low-fat whole grain crackers, low-fat tortillas, air-popped popcorn, pretzels, and whole grain breads.

### BEVERAGES

- Water
- Lemon juice (to add to water for flavor)
- Seltzer
- Herbal tea

### CONDIMENTS AND MISCELLANEOUS

Items to have on hand for healthy meal prep:

- Sea salt
- Black pepper
- Balsamic vinegar
- Garlic
- Low-sodium broth
- Cinnamon
- Whole grain mustard and mustard powder
- High-quality tomato sauce (no high fructose corn syrup, other sugars, or trans fats)
- Fresh salsa
- Fresh or dried spices (basil, garlic, dried oregano, red pepper flakes, cumin, paprika, etc.)