



Shopping Tips

Making healthy choices can be easy choices. Use the following shopping tips to help you shop for healthy food choices.

1. Choose lean meats, meat alternatives such as beans, lentils and tofu, and milk products.
2. % Daily Value on the food label tells you if there is a little or a lot of a specific nutrient such as fat, sodium, fibre, or vitamin C in a product.
3. Look for the Nutrition Facts table to find out vthe type of fat used in the product. Aim for less saturated fats and avoid trans fats.
4. Choose nutritious snacks such as yogurts, whole grain crackers with cheese, and fresh vegetables and fruit.
5. Choose healthy margarines. Choose regular or light margarines that are soft and non-hydrogenated.
6. Just because bread is brown does notnecessarily mean it is high in fibre. Look for whole grains at the beginning of the ingredient list.
7. Choose vegetables and fruit prepared with little or no added fat, sugar or salt and have whole vegetables and fruit more often than juice.
8. Look for foods with at least 2 grams or more of fibre per serving. Don't forget to drink plenty of water.
9. Look for the serving size in the Nutrition Facts table. The amount of calories, fat, sodium and fibre is based on the serving size. When you compare products, make sure the serving sizes are similar.
10. Choose colourful vegetables and fruit. They are full of vitamins A and C and are a great source of fibre.



Other Useful Inforamtion



Check out <http://healthcheck.org/> for more information and additional shopping tips!

From the Heart and Stroke Foundation of Canada