

# SHOP LIKE A PRO!

## What Should Be in My Cart

### GET THE BEST NUTRITION FOR MY BUCK!

- Plan ahead! Make a list and stick to it.
- Shop the outer walls of the store and limit processed foods in the inner aisles.
- Buy fresh produce when in season, and when not, select canned/frozen items that are low in fat, salt, and added sugar.
- Limit food with little nutritional value, such as cookies, cakes, and chips.



### VEGETABLES & FRUIT:

Shop for a variety of fresh, frozen, and canned vegetables and fruit. Look for colourful fruits and dark green or orange vegetables. It's better to eat them whole than drink them as juice



### GRAIN PRODUCTS:

Try to find whole grain, low sodium, high fibre, protein rich grains. "Enriched wheat flour" and "whole wheat" does not necessarily mean whole grain.



### MEAT & ALTERNATIVES:

Give meat alternatives a try (beans, lentils, tofu) and eat a minimal amount of processed meat. Choose lean, low sodium cuts of red meat.



### MILK & ALTERNATIVES:

Choose lower fat dairy and soy milk products (skim milk, reduced fat cheeses) and limit cream (sour cream, whipping cream, coffee cream). Almond and rice milk have less protein than dairy and soy.

Check out Canada's Food Guide Online

<https://food-guide.canada.ca/en/>