

Best Food Forward: Plan Shop Cook Enjoy!



Healthy eating starts at the supermarket. A grocery shopping strategy can save you time and money. It can also make healthy eating a little easier. Once you've got your plan, stick to it and enjoy!

Plan. Before you head to the store, think about what meals you'll be making, scan flyers for specials, check your kitchen's inventory and make a grocery list.

Shop. Read food labels and compare products to choose nutrient-rich foods in every aisle of the store. Fill your cart with vegetables, fruit, whole grains, milk products, lean fresh meat and meat alternatives such as legumes. Skip processed foods that are filled with fat, sugar or salt and low in nutrients.

Cook. Prepare more meals from scratch with good-for-you ingredients. Healthy eating doesn't have to be complicated; nutritious convenience foods, such as frozen fruit, ready-to-go salads and pre-chopped vegetables, offer simple shortcuts.



Keep it simple. Buy one main ingredient. Make three meals.

Check out these three easy-to-make meals with just one main ingredient: lean ground turkey, beef or chicken. Brown the ground meat or poultry and then divide into three equal portions for use in:

- **Sensational salad.** Season browned meat or poultry with a little chili powder, cumin, garlic powder and lime juice. Add to a salad of leafy greens, defrosted frozen corn, black beans and chopped tomatoes.
- **One-pot pasta.** Toss together cooked whole grain pasta, browned meat or poultry, washed baby spinach, a can of diced tomatoes, and minced garlic. Heat until warmed through. Sprinkle with freshly grated Parmesan cheese.
- **Simple wrap.** Fill a whole grain tortilla with shredded romaine lettuce, sliced red pepper, shredded carrot and lower sodium salsa. Add browned meat or poultry and wrap it up for lunch or dinner.





Shop for snacks that fuel you with long-lasting energy

Keep snacking simple. Fill your cart with healthy options such as:

- **Yogurt.** Try lower-fat Greek-style yogurt for an energizing calcium- and protein-packed snack.
- **Vegetables and fruit.** Baby carrots, bananas and apples make tasty, portable snacks. Pack them with a piece of cheese for satisfying protein.
- **Unsalted nuts and seeds.** Enjoy in small portions, about a handful per snack.
- **Hummus.** A nutritious, satisfying dip for crunchy veggies or whole grain crackers.
- **Whole grain cereal.** Mix with dried fruit and a sprinkle of pumpkin seeds for a healthier snack mix.
- **Popcorn.** Buy kernels in bulk and prepare in an air popper. Toss with a handful of peanuts and raisins for a hit of protein and more staying power.
- **Edamame.** Find this young green soybean in the frozen section. High in protein and fibre, edamame is a tasty snack you can nibble hot or cold.



Having nutritious snacks on hand makes the healthy choice the easy choice.

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Nicole LeBlanc, RD, Wellness Consultant*

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