

# 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.



## Cook 'n' share! Make big batches of healthy meals and swap with friends.

Make a large batch of a healthy, easy-to-share meal, such as vegetable lasagna, hearty chili or lentil soup. Split it into portions and share it with a friend or two. They do the same and share with you. You'll get different healthy meals to enjoy during the week but without shopping for ingredients or cooking.

Don't forget about breakfast! You make whole grain pancakes, your friend makes French toast, and then you swap. Refrigerate or freeze the food, and then just pop a piece into the toaster for breakfast. You'll have a quick and healthy breakfast ready to go every day of the week!



For delicious, dietitian-approved recipes, visit [www.dietitians.ca](http://www.dietitians.ca)



## Shop for nutrient-rich choices in every aisle.

You can find nutrient-rich foods in just about every aisle of the grocery store:

- **In the produce section,** choose a variety of colourful vegetables and fruits. There are lots of healthy options in the frozen aisle too. When shopping for juice, choose 100% fruit and vegetable juices.
- **In the cooler section,** look for lower-fat milk products, such as skim, 1% or 2% milk and low-fat yogurt. You'll also find eggs there.
- **At the butcher counter,** choose cuts of fresh, lean, unseasoned meats and poultry instead of deli slices.
- **At the seafood counter,** look for fish rich in omega-3 fatty acids, such as salmon and trout, as well as shellfish, such as shrimp and crab.
- **When shopping for grains,** get whole grains, such as brown rice, bulgur, quinoa and barley. When buying bread and cereal, choose whole grain and higher-fibre varieties.
- **In the inner aisles,** look for legumes such as black beans and chickpeas, as well as nuts and seeds such as walnuts, almonds and sunflower seeds.



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