MAKE HALF YOUR PLATE FRUITS & VEGETABLES

• Shop for fresh, frozen, or canned fruits and vegetables. In-season produce may be cheaper.

• Frozen and canned produce can be healthy choices but avoid products with mixes and sauces. These are high in sodium and added sugar.

• ‘Lite’ syrup contains sugar. When shopping for canned fruit, look for ‘no sugar added’ or fruits canned in 100% juice.

CHOOSE LOW SODIUM

• Sodium is in salt. For many people around 1,500 mg of sodium per day is best.

• Frozen foods, fast foods, dressings and mixes can be high in sodium. Limit these.

• A very low sodium food is 35 mg or less. Low sodium foods are 140 mg or less.

• Some products say ‘reduced’ or ‘light in sodium’ but these may have a lot of sodium. Read the label to compare.

• Convenience foods can be helpful. If you buy frozen meals, look for meals with less than 600 mg of sodium. Watch for added sugar. Look for meals with fiber.

LIMIT RED MEAT

• Plan to buy lean cuts of meat: sirloins, rounds, roasts and ‘extra lean’ ground beef.

• Shop for poultry, pork, and fish to replace some of the red meat in your diet.

• Foods that include “smoked” or “cured” may have nitrates. These may increase cancer risk. Limit these.

• Shop for lean turkey or roast beef for deli meats.
**LOOK FOR 100% JUICE**
- Choose 100% fruit or vegetable juice.
- 100% fruit or vegetable juice counts as part of your daily fruits and vegetables.
- Read the label. Many juices have added sugar.

**AVOID FOODS CONTAINING TRANS FAT AND SATURATED FATS**
- Trans fats and saturated fats are not good for your heart.
- Food Labels can list 0 mg for trans fats even if they contain trace amounts. These small amounts can still be harmful if these foods are consumed often.
- Look at the label. Trans fats are in “partially hydrogenated vegetable oils” or shortenings.
- Most companies have stopped using trans fat. Trans fats may still be found in small amounts on some margarines, popcorn, baked goods, fried foods, and fast foods.
- Look for healthy oils like olive or canola oils.

**BUY WHOLE GRAIN PRODUCTS**
- Commonly found whole grains include oats, brown rice, whole wheat, popcorn, corn and barley.
- Use whole wheat pasta instead of white pasta. Buy brown rice instead of white rice. Buy 100% whole wheat bread instead of white bread.
- Read the label. The whole grain should be first. Avoid the product if it contains a lot of sugar and sodium.

**LOOK FOR STORE BRANDS INSTEAD OF MORE EXPENSIVE NAME BRANDS**
- Some store brands are cheaper. Focus on your budget and make healthy choices.
- Read the label and choose wisely. Some products like canned tomatoes, cereals, and peanut butters may have added sugar or sodium.
Reading food labels and comparing products is a good way to find the best choice while shopping. When comparing products look at sodium, added sugars, trans and saturated fat and fiber.

Follow these tips:

- Fiber is important for health. Look for products with fiber.
- Limit trans-fat and saturated fat.
- Avoid products that are high in added sugars.
- Choose the product with the least amount of sodium.

UNIT PRICE

- Buying in bulk can be less expensive, but not always.
- Look at the price label on the shelf at the grocery store. There is often a smaller number listed. The smaller number tells you how much per pound, ounce, or serving. It may say “price per oz” or “price per lb.”
- Read the label. Decide if the cheaper food is the healthier food.