

Enjoy a Heart Healthy Lifestyle

Healthy Tips for the Grocery Store

Lutheran Health  Network



Fruits and Vegetables

- Fresh fruits and vegetables should make up the largest part of your heart-healthy food shopping list.
- Buy your favorites and cut them up in advance for easy snacking; or you can buy them pre-cut to save time.



Frozen Foods

- Frozen foods are a convenient way to keep healthy foods on hand. However, be sure to read labels and avoid those with fat, sodium and sugar.
- Frozen fruit without added sugar can help with budgets when fruit is not in season.



Whole Grains/Cereals

- Most of your grain and cereal products should be made from whole grains for important vitamins, minerals and especially for heart-healthy fiber.
- Look for cereal with more than 5 grams of fiber per serving.



Canned and Dry Goods

- Watch out for high sodium content in canned items. Choose the “no salt added” varieties to help with this.
- Dry beans are an inexpensive and nutritious way to add plant protein and fiber to your diet.



Dairy and Refrigerator Case

- Dairy products should be fat-free or at least low-fat.
- Choose reduced-fat or fat-free cheeses in flavors such as white cheddar, sharp cheddar and mozzarella.
- Look for trans-fat-free spreads and those with the least amount of saturated fats.



Deli Counter

- You can reduce the fat content of sandwiches, snacks, and salads by choosing lean deli cold-cuts and prepared foods.
- If you buy a rotisserie chicken, remove the skin before eating it.



Lean Proteins

- Your protein choices should be as lean as possible, such as chicken without the skin, turkey breast, fish and lean cuts of pork and beef. Remove skin before cooking.
- Choose beef cuts labeled 90–95% lean or cuts with terms “loin” or “round.”
- Pork should be any of the loin varieties.
- Nuts, nut butters without hydrogenated oils, seeds and legumes are also good protein choices.



Oils, Condiments and Spices

- Choose non-stick cooking spray, olive oil and canola oils.
- Compare labels to choose products that have less calories, fat and sodium.



Snack Foods

- Snacking can be a great way to boost your nutritional intake.
- If you choose low-fat or reduced-fat snacks, read and compare labels. These snacks often have the same number of calories as the regular versions so make sure you keep your portions small.
- Don't eat directly out of the bag—put a small portion in a bowl, then put the bag away. Or better yet, divide big bags into smaller plastic bags as soon as you get home from the store.



Beverages

- Beverages should be kept simple. Water and fat-free milk, 100% juices and decaf herbal teas are all good choices.



In Addition...

- Choose “real” foods such as 100% whole-grain items with little processing and as few additives as possible.
- Always make a list and stick to it. This will save you time, money and extra calories.