

Your Health Matters: Nutritious Eating

The Supermarket
&
Food Cost
Comparison



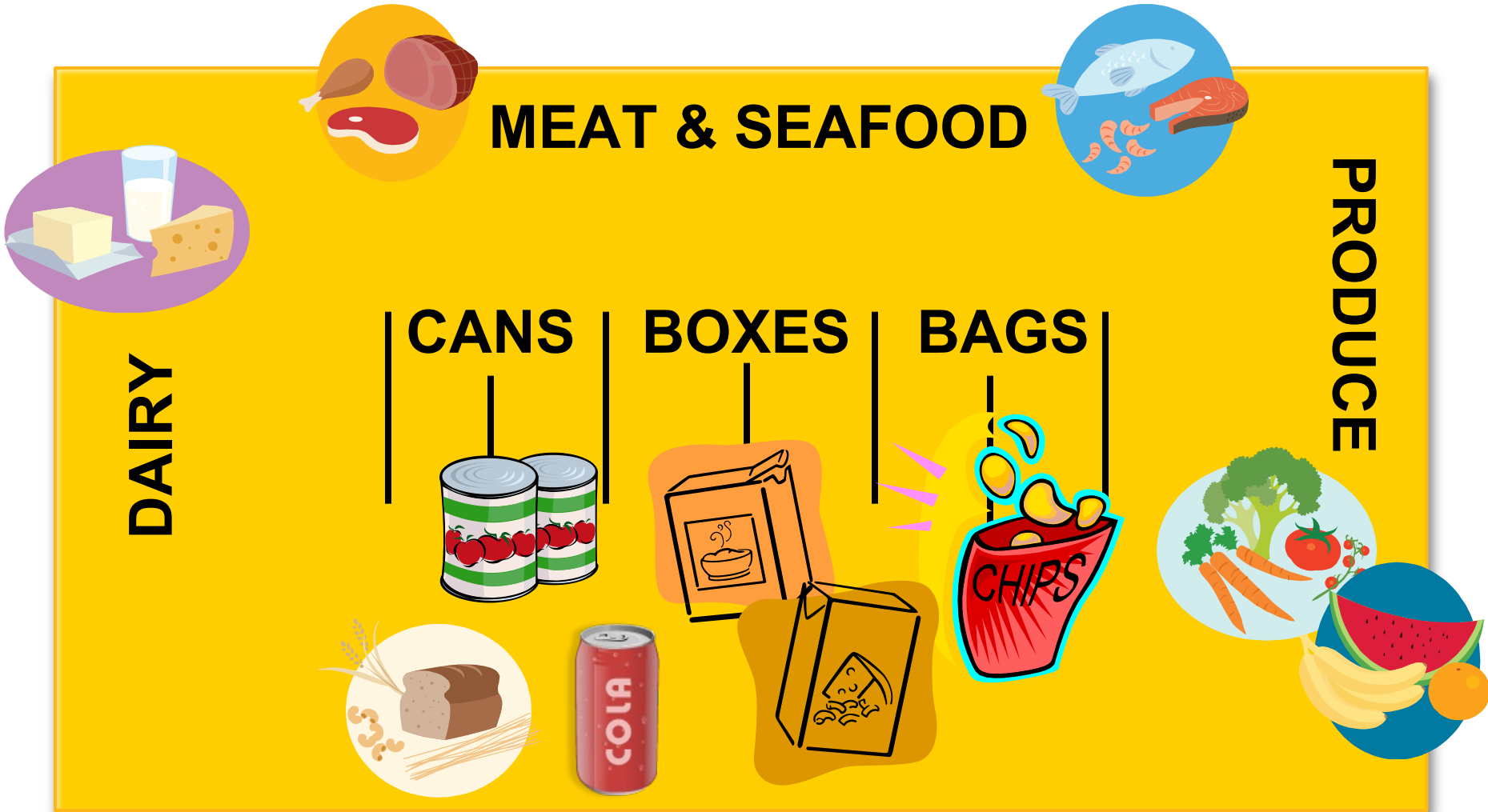
Bonus!
Healthy
Cooking Tips

7: Meal Planning and Healthy Cooking

The Supermarket

More than
40,000 food
choices!





Typical Store Layout

Always make a list

Save time and money!



Healthy Shopping List

Vegetables:

- 3-5 vegetables in season
- lettuce for salads
- fresh veggies for salads
- potatoes
- winter squash
- sweet potatoes
- tomatoes
- onions and garlic
- broccoli

Fruits:

- apples/pears
- bananas
- berries
- grapes
- lemons/limes
- oranges/grapefruit
- peaches/plums
- watermelon/melon

Dairy:

- egg whites
- margarine, light tub
- milk, skim
- sour cream, nonfat
- yogurt, fat-free, light

Frozen:

- frozen fruits, unsweetened
- vegetables, plain

Fish/Poultry/Lean Meat:

- chicken or turkey breast
- fish (not breaded)
- lean beef, pork

Cereal*:

- oatmeal

Canned*:

- beans
- fruit in water
- chicken broth, low-sodium
- pasta sauce, low-sodium
- soup, low-fat, low-sodium
- tomatoes, no added salt
- tuna in water

** low-sodium, no added sugar*

Dried and Packaged:

- barley
- beans/lentils/dried peas
- brown rice
- herbs
- nuts, nut butters
- pasta
- popcorn, low-fat
- raisins
- spices
- vegetable oil

Condiments:

- jam, light
- ketchup, no-salt
- mayo, low-fat
- salad dressing, low-fat
- soy sauce, light
- vinegar

Bread:

- 100% whole-wheat bread
- corn tortillas
- whole-grain crackers (lowfat)
- whole-wheat pitas

shredded wheat

whole-grain cereal

** 3 g fiber, less than 10 g sugar*


Serving Size 1 cup (228 g)	
Servings Per Container: 2	
Amount per serving	
Calories 250	Calories from Fat 120
Total Fat 13g	
Saturated Fat 5g	
Trans fat 2g	
Cholesterol 30mg	
Sodium 660mg	
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	
Protein 5g	
Vitamin A 4%	Vitamin C 2%
Calcium 15%	Iron 4%

Three Easy Steps for Label Reading:

- 1. Look at serving size, servings per container and calories.**
Eating too many calories per day is linked to people being overweight, obese and developing certain chronic diseases.
- 2. Limit fat, saturated fat, cholesterol and sodium; shoot for zero trans fat.**
These increase your risk for certain chronic diseases. Try to keep trans fat to zero. Shoot for 5% or less of the daily value on fat, saturated fat, cholesterol and sodium.
- 3. Get enough fiber and important nutrients.**
Eating enough fiber and nutrients can improve your health and help reduce your risk of some diseases.

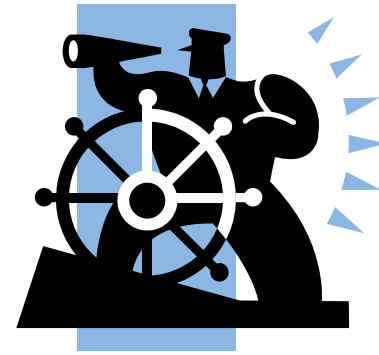
Quick 5 Checklist to Save \$\$:

- Look for store brands
- On sale - good - stock up!
- Compare unit pricing
- Stick to your list
- Use less meat, soda, cookies, crackers, chips, deli, bakery and convenience items



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Navigating Tips



- Work the edges
- Look high and low
- Learn the lingo



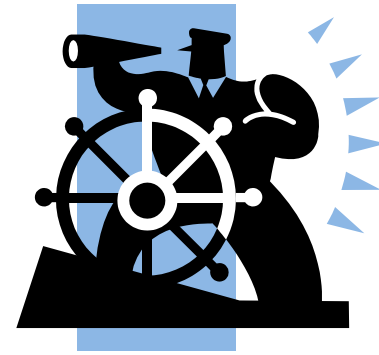
Label Claims

Learn
the lingo!

Wording	Means
“Whole grain” versus “Multigrain”	Entire grain kernel used (good choice!) versus More than one type of grain used in product
“Light” or “Lite”	Fat reduced by $\leq 50\%$
“Calorie Free”	Less than 5 calories/svg
“Fat Free”	Less than .5g sat fat/svg
“Sugar Free”	Less than .5g sugars/svg
“Excellent Source of”	$\geq 20\%$ DV/svg
“Good Source of”	10-19% DV/svg
“Organic”	$\geq 70\%$ certified organic ingredients
“Made with”	Ingredients can be listed on side panel



Navigating Tips



- More Packaging = Less Nutrition
- Order of ingredients is most to least
- Fewer Ingredients = Healthier Food



Shopping Tips



- Fresh is best
- Choose seasonal produce
- Visit your local Farmer's Market



Fill your pantry and fridge...



....with a variety of fresh foods!

“Eating healthy costs more, doesn’t it?”



Food Cost Comparisons

You could eat this one unhealthy meal...

1,100 calories



Or this healthy breakfast, lunch and snack...



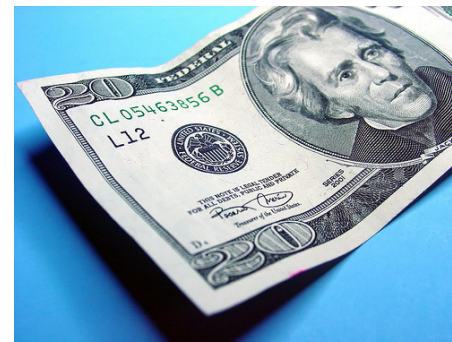
1,080
calories



...for the same amount of calories!

Meal at McDonald's for Family of 5

Food	Calories	Cost
Quarter Pounder with Cheese Fries Soda	510 500 310	\$5.13
Crispy Chicken Sandwich Fries Soda	530 500 310	\$5.49
Happy Meal Cheeseburger Fries Chocolate Milk	300 203 170	\$2.79
6 Chicken Nugget Meal Fries Hi-C	280 230 160	\$3.79
Hamburger Happy Meal Fries Milk	250 230 100	\$2.29
Total	4610	\$19.49



Meal at Home for Family of 5

Food	Cost
Whole Wheat Spaghetti	\$1.29
Marinara Sauce	\$1.89
1 lb. 96% Lean Hamburger Meat	\$4.00
Salad (1/2 head lettuce + light Ranch dressing)	\$1.79
Total Cost	\$8.97
Calories/Serving	450



Cost and Calorie Comparison



Three times/week = \$58.47
Average calories/meal = 922



Three times/week = \$24.56
Average calories/meal = 423

**By eating at home, you save
\$33.01 and 1497 calories per week!**

Cost and Calorie Comparison



More calories in less food
More dollars spent
Poor nutrition



Less calories in more food
More dollars saved
Better nutrition

**Eating healthy home-cooked meals
saves you money and calories!**

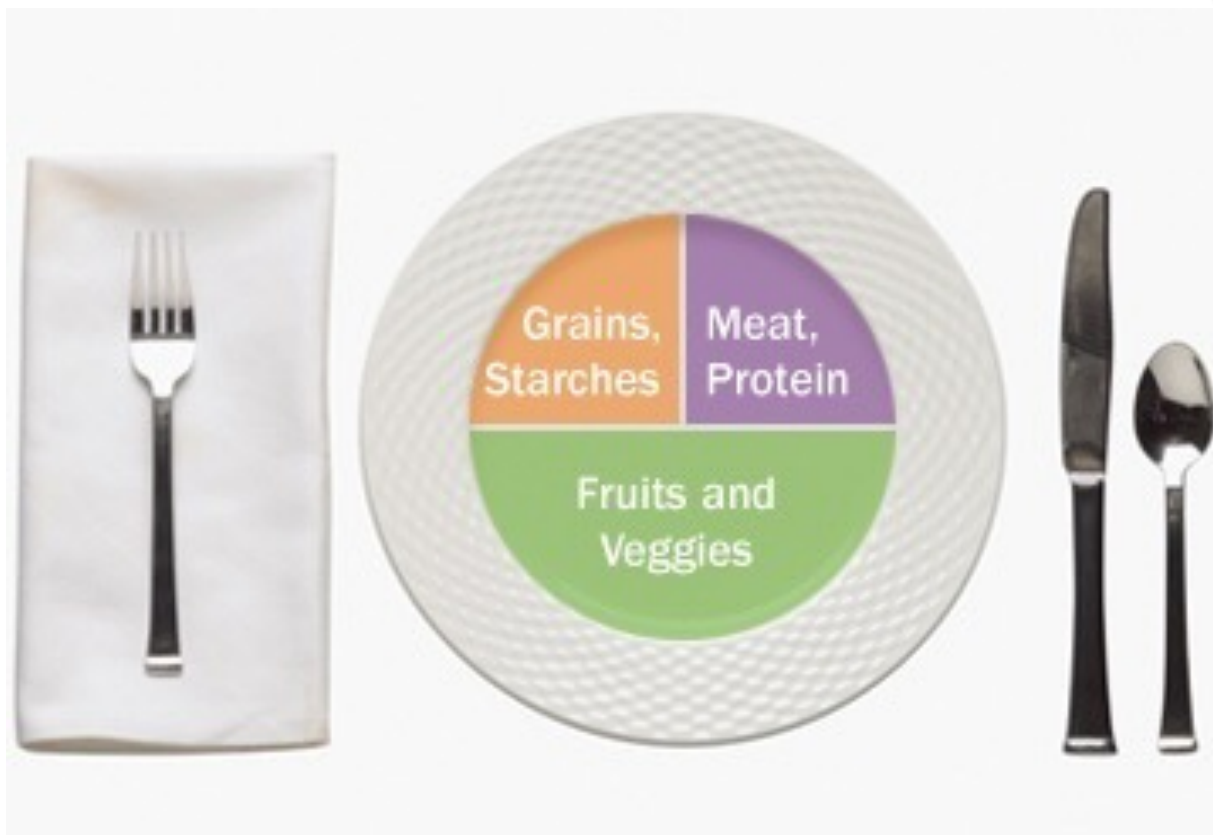


Benefits of family meals

- ❖ Eat more healthy foods - get more nutrients
- ❖ Decreased risk for unhealthy weight
- ❖ Decreased risk for substance abuse
- ❖ Strengthens family ties; pass on traditions
- ❖ Form positive attitudes about food and eating
- ❖ Do better in school
- ❖ Happier life



Activity: Plan Your Plate



Challenge!

For the next four weeks, cook at home one more time per week than you typically do.

Start a new family tradition...
Meatless Monday,
Fruit for dessert,
Kids Night in the Kitchen one night per week.



Meal Planning

Key Point Recap



- Eating healthy does not have to cost more.
- Navigate your supermarket wisely.
- Plan your shopping to save time, money and calories!
- Enjoy fruits and vegetables at all meals.

Healthy Cooking Tips



Avoid Cooking Methods with Added Fat

Basted
Breaded
Fried

X



X



X



Healthy Cooking Methods

- ✓ Baked
- ✓ Boiled
- ✓ Grilled
- ✓ Steamed



Make your food tasty!

Spice it up!



Get
fruity!



Be creative!



Eat a rainbow every day



Switch to
Conclusion
PowerPoint