

# Food Group

## SHOPPING GUIDE

### Fruits

- ✓ Choose fresh fruit whenever possible.
- ✓ If buying frozen, dried or canned, choose fruit with no sugar added.
- ✓ For convenience, try pre-cut packages of fruit for a healthy snack.

### Veggies

- ✓ Choose fresh, in-season vegetables whenever possible!
- ✓ When buying canned veggies, choose ones labeled reduced sodium, low sodium, or no salt added.
- ✓ Choose frozen vegetables without added sauces and seasonings as those have additional sodium and calories.
- ✓ When choosing canned veggies, pick ones that only have those fruits or vegetables in the ingredient list.

### Dairy

- ✓ Choose dairy products that are low, reduced, or fat free.
- ✓ Choose plain yogurt or ones with no added sugars. Try greek yogurt. It tends to have less sugar and a higher protein content.
- ✓ Experiment with dairy alternatives such as soy or almond milk especially if you have dairy or lactose intolerance.

### Protein

- ✓ When buying meats and poultry look for those labeled either lean or extra lean.
- ✓ When buying ground meat and poultry, choose those labeled at least "92% lean". Avoid processed and deli meats such as ham, sausage, and hot dogs which are high in sodium.
- ✓ Choose meats labeled "sodium nitrite or nitrate free" or do not contain sodium nitrite or nitrate in the ingredient list.
- ✓ Replace meat or poultry with nuts, beans, or soy products. Choose unsalted nuts as a snack or in main dishes, and avoid salted varieties.
- ✓ Choose wild caught varieties of fish instead of farm raised. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring.

### Grains

- ✓ Replace white bread with whole-wheat bread and white rice with brown rice.
- ✓ Make half your grains whole grains.
- ✓ Choose grains with at least 5 grams of fiber and with fewer added sugars (such as sucrose, high-fructose corn syrup, honey, malt syrup, maple syrup, molasses, or raw sugar).
- ✓ Choose products with at least 3 grams of fiber per serving; ideally aim for 5 or more grams of fiber per serving.

For more tips, visit [www.choosemyplate.gov](http://www.choosemyplate.gov)