

Food Shopping Tour

April goes to the market to buy a few things for her and her family. Her food-shopping list includes milk, salad, bread, and meat. She is ready to check out and sees a shelf right next to the register that has muffins and cakes. April thinks they look so yummy that she adds some to her shopping cart before checking out.

Food markets tempt customers to buy more. Don't be surprised to see shelves full of junk foods like chips, cakes, and cookies at the check out counter.

Be a Smart Shopper

- ▶ Never go to the food market with an empty stomach. You may be more tempted to buy junk, high calorie foods.
- ▶ Stop the madness! Go for the good stuff first! Take your first trip around the outside aisles of the market. These aisles have healthy foods like PRODUCE, MILK, and MEAT.
- ▶ Don't get tempted! You may find junk snacks right next to sections where bread and cereal are sold.
- ▶ Convenience foods are popular, like prepared meals in boxes or cans. It's easy and it tastes good! But is it healthy? Not really, look at the food label to make sure it's a healthy choice.
- ▶ Try to fill your cart with healthy stuff like fresh veggies, fruits, bread, cereal, and lean cuts of meat.

It's not fun if you don't get some yummy snacks. Try getting them last and only get a very small amount to share with the whole family.

Wow, the food market can really trick you!



TODAY

Treatment options for
type 2 Diabetes in Adolescents & Youth

Food Shopping Tour

How do you make convenient foods healthy?

- ▶ Grilling is quick and easy. Grill chicken breast, extra lean ground beef, or ground turkey breast. Throw some veggies on the grill, too.
- ▶ Make a quick sandwich with low-fat cheese and turkey breast or lean roast beef (total of 3 slices of meat or cheese).
- ▶ Mac and cheese is always easy...make it with low-fat cheese.
- ▶ Try a "light" hot dog on a bun with a salad.
- ▶ Buy packaged salads ready to eat, or a bag of baby spinach to add to salad with light dressing.
- ▶ Try a low fat frozen dinner (look at the food label to see if it's healthy).
- ▶ Have lettuce and veggies with canned tuna (packed in water).
- ▶ Save a special day to prepare cooked meals in advance. Store this in the refrigerator or freezer to use as leftovers during the week.
- ▶ Try 1% or skim cottage cheese and fruit with crackers.
- ▶ Try "light" or "non-fat" yogurt with a salad and a small roll on the side.
- ▶ Include veggies (your favorites) with meat or beans (canned black beans, non-fat refried beans) in a tortilla shell.
- ▶ Heat up frozen veggies and add to your meal.
- ▶ Mix beans (black beans), ½ cup cooked rice, and veggies with salsa in a tortilla shell or pita bread.
- ▶ Quick and healthy egg dishes:
 - ▶ Boiled egg sandwich (only one egg yolk) with light mayonnaise
 - ▶ Egg white omelet with veggies and light cheese (remove the yolk from the egg or use Egg Beaters)
 - ▶ Mexican eggs: Use Pam non-fat spray to fry an egg, add non-fat refried beans with light cheese and salsa into a tortilla shell

How to Read the Food Label

- 1) Look at the serving size. This will tell you how much you should eat.
- 2) Look at the calories. Try to eat no more than 150 to 200 calories for a snack. Try to eat no more than 400 calories for an entire meal.
- 3) Look at the grams of "Total Carbohydrate." That will tell you how much total sugar you are eating in each serving. So, you don't even have to look at "Sugar" on the label. Try choosing foods that are under or equal to 25 grams of total carbohydrate.
- 4) Look at "Total Fat." This will tell you if the food is healthy or low in fat. Try choosing foods that are 0-3 grams of total fat for every 100-calorie serving.

***Or try an easy way. Look at the "% Daily Value" for total fat. Try finding foods that are 5 to 8% of the daily value.

Nutrition Facts

Serving Size 8 cookies	
Servings Per Container 12	
Amount Per Serving	
Calories 80	
Calories from Fat 15	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	4%
Sugar 18g	
Protein 1g	

Quick Shopping List

- ▶ Your favorite veggies (frozen, fresh)
- ▶ Fresh fruit, any kind (strawberries, blueberries, plums are lower in sugar)
- ▶ Skim milk or 1% milk, non-fat, light or blended yogurt
- ▶ Extra lean ground meat, 98% lean meats
- ▶ Canned beans (any kind like navy, black, kidney, or chickpeas)
- ▶ Chicken or turkey breast (take off the skin)
- ▶ Chicken on the bone (take off the skin)
- ▶ Tuna canned packed in water, fresh fish (any kind)