This lesson consists of a series of videos highlighting key things to consider as you shop for groceries.

**Page 2: Produce (video)**

Jerri Kjolhaug: We are in the produce section, and luckily it's summer, so there's tons of great stuff in season. At any time of the year, you can still find really great fruits and vegetables, and in general, you want to look for the ones that are deep in color. So for example, we have got peppers here, you can buy green, red, yellow, orange. We've also got blueberries, two great examples of really excellent fruits and vegetables that are deep in color and are going to offer you tons of vitamins and antioxidants. When it comes to produce, you can buy pre-cut versions, which are really convenient, and that's great if it helps you eat more fruits and vegetables. However, they are going to cost you a little bit more, so you just have to weigh the pros and cons and take a look at your budget to consider what fits for you. The best place to be in the freezer section is the frozen vegetables. Although fresh produce really is touted as the best, frozen vegetables can be just as good nutritionally. Vegetables and fruits are frozen at their peak ripeness, which means that that's when they have the highest nutrient value. So frozen is a really good option if you are just buying for yourself, and you may not be able to eat all of a fresh product before it spoils. Some other nice things are these stir-fry combinations. So if you're going to make a stir-fry, but you don't want to buy a whole bunch of different fresh vegetables because you're afraid you won't eat them all, and they'll spoil, you can just buy a bag of stir-fry variety. Another really good thing that I like are these single serving options for vegetables, it's a great way to get your vegetable servings in, just by adding this to any meal during the day, or even as a snack. However, a great thing to do with frozen vegetables is to just get the ones without the seasoning and then add your own seasoning.

**Page 3: Salad Dressings (video)**

Jerri: One of the things we've been telling you to do is to eat more fruits and vegetables, and a great way to get more vegetables into your diet, is to have salad with your meals, or as a meal. But most people don't want to eat
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a dry salad. So we’re in the dressing aisle. There are tons of different types and varieties, so choose one that you like, and then within that type, you can think about the nutritional value of different ones in terms of the regular dressing, a light version or a low-fat or fat-free version. For example, if you like a ranch dressing, then you have a choice between the regular ranch, fat-free ranch or even a light version. The regular ranch has 120 calories and 12 grams of fat per serving, which is two tablespoons. The fat-free version, however, has only 50 calories and, of course, zero grams of fat per serving. So if you’re trying to watch your total calorie intake, or your fat intake, choosing the fat-free version is probably a good way to go. However, if you can’t stand the taste of the fat-free version, then it’s probably better just to go with the regular version and watch your serving size. Another thing to think about with salad dressings is whether you want to buy the standard brand or a more natural brand. So here we have a typical ranch dressing, versus an all natural ranch dressing, and the serving size is the same, two tablespoons. However, per serving, the standard ranch is going to give you 120 calories, 12 grams of fat, 2 grams saturated, and 3 grams of carb. The natural dressing is very similar, in the sense that it gives you 120 calories as well, 11 grams of fat, and 1 gram saturated, with 3 grams of total carb. So they’re pretty comparable. However, the difference is that the natural version of the ranch dressing has only 260 milligrams of sodium per serving, compared to the typical ranch dressing, which has 370 milligrams of sodium per serving. The other difference between the two is cost. So the typical ranch dressing is about a dollar cheaper per bottle, with twice as many servings. So the take home message really is to think about your values in terms of the types of food that you purchase. Like I said earlier, it’s good to choose based on your taste buds, but if you are trying to be health conscious, you really should try--at least try the vinaigrette salad dressings, because they are going to tend to be lower in fat, and have less other types of ingredients like preservatives in them, so a key when you are choosing a vinaigrette, is maybe to look for ones that have olive oil, which tends to be better in terms of the type of fat that you’re getting.

Page 4: Bulk Foods & Grains (video)

Jerri: Bread is a great way to get your whole grain servings in for the day. Really what you want to think about with bread is the amount of fiber that’s in it per serving. You really shouldn’t be buying bread that has less than two or three grams of fiber per slice. This is a wheat bread, but it only has one gram of fiber per serving. So a better option would be to check the labels, and look for one that has at least two or three. Here are two examples of bread that have three grams of fiber per serving. However, there are some differences. This one has high fructose corn syrup in it. Reading the ingredients label, I was able to select one that has a high fiber content, but no high fructose corn
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syrup.
So now we’re in the bulk food section of the store, and really great things to get in bulk foods, are some of your staple items like whole grains, and snacks, like nuts and dried fruit. Choose things that are raw, like raw whole almonds, instead of getting things that are salted or high in sugar. Nuts sometimes get a bad rap because they are high in fat; however, a great thing to think about is that they are the good kind of fat, unsaturated fats, and they’re also high in protein and fiber. So some of the grains that you can get in the bulk section will include, oatmeal, rice, sometimes even pastas, and what you want to think about here, is getting whole grains, so you want to look for brown rice, or whole wheat pastas, and whole rolled oats.

Like with other grain products, when you’re choosing a rice, you still want to stick with whole grain. So a brown rice, or wild rice is definitely better than a white rice. For example, this white rice has 190 calories per serving, and zero grams of fiber, whereas the same brand, brown rice version, costs the exact same amount, but has only 150 calories, per serving, and two grams of fiber.

So we’ve already chosen to purchase brown rice. Now, which format do we choose? Standard brown rice in a box, it’s a dollar eighty-five, and it’s going to give us, I believe, eight servings per container. The quick cooking brown rice, same exact nutritional value, but it’s going to be a little bit faster. That’s slightly more expensive. Or we could choose the boil-in-a-bag variety, which, again, same nutritional value, for some it seems to be a little bit more convenient, because they’re already in single serving sizes, but you’re paying for the additional packaging which isn’t good for the environment, either. When you’re shopping for rice as a side dish, it can be really tempting to buy the flavored seasoned varieties. However, be careful, because you’re really adding a lot of unnecessary sodium to your diet. For example, this Rice-A-Roni Rice Pilaf, has 970 milligrams of sodium in one serving, which is almost half of what you should have in a day. Likewise, this Broccoli Rice Au Gratin, from Uncle Ben’s, has 850 milligrams of sodium per serving. So it’s really better just to buy the brown rice and then season it yourself.

Page 5: Dairy (video)

Jerri: While milk is certainly the first thing that comes to mind whenever we think about dairy products, and of course dairy products are a good thing to have in the diet, because they’re high in calcium, which is good for building bones, and maintaining bone mass. When you’re thinking dairy products, just like meat products, you really want to think low fat or fat free versions. Really the only people who need whole milk are infants under the age of two. The rest of us should be focusing on skim or at least one or two percent. Cheese is certainly a common dairy product, most people like it, and it tastes good. It’s a perfect snack. However, the thing to really watch out for, for cheese is the fact that it tends to be high in fat, so a really good option is...
string cheese. It's made with part skim mozzarella. You can buy these single serving, which is going to cost you about 35 cents per slice, or, if you buy it in bulk, this actually comes out to about thirty-one, thirty-two cents per slice.

Another great dairy product is yogurt. However, there are some important things to think about when you're looking at yogurts, in addition to the fat content. You also need to look at added sugar. Here are two yogurts, they're both blueberry, and they're both made by the same company. However, per serving, one of them has one and a half grams of fat, compared to zero, and 140 calories, versus 80, 25 grams of sugars, compared to 11 grams of sugar. For blueberry yogurt, it probably makes sense to go with the light and fit. Probably the best choice when you're buying yogurt is to buy the regular plain low-fat or fat-free yogurt. A great way to make it taste good is to add some frozen fruit, or fresh fruit, or maybe even some low fat granola on top.

Page 6: Meat & Deli (video)

Now we're in the fresh meat section of the grocery store, and there's a lot to choose from. There are different varieties of lean ground beef. You'll see on the label, like, for example, this one says 85 percent lean, which means that it's 15 percent fat. This one, in comparison, is 96 percent lean. Just in general, you're going to have about a quarter of the amount of saturated fat in the leaner version, as you would in the 85 percent lean. So, as you remember from the lessons, you want to avoid high amounts of saturated fat, because it's going to increase your cholesterol, which is ultimately going to increase your risk for heart disease and vascular diseases like stroke. Here we have ground turkey, which is an amazing substitute for ground beef, and this is an 85-15 version which has about the same amount of total fat as what you would find in the ground beef, however, the saturated fat is much less. The meats here are not processed, so they're going to be lower in sodium and fat, because they don't have added preservatives and other ingredients. So we're still in the fresh meat section right now, looking at chicken, and a good thing with chicken is that you typically want to buy it without the skin. So things like, boneless chicken breasts, tenders, or even stir-fry cuts, are really great, because they're quick and convenient, and they're a great thing to keep on hand in the freezer. A really, really good buy is going to be a whole chicken. You're going to get a lot of meat off of it, it can be used in a lot of different recipes. One thing to remember is that you're going to want to not eat the skin. The skin is going to add a lot of fat.

So here we're in the lunch meat aisle, and not to diss all lunch meats, because it's a really convenient thing, especially for packing lunches, or just a quick dinner after you get home from the gym or class or wherever you're coming from. However, you do want to be careful in what you choose. Baloney does have chicken in it, but again, it's processed, so it's going to
have a lot of preservatives and high fat. For example, this typical baloney here, just regular baloney has eight grams of fat per serving. You could choose a light baloney which might be a little bit better, but this still has four grams of fat per serving. A much better option is going to be something like a shaved turkey or chicken or maybe even ham.

Now we’re in the deli section, which is where we can get some of that great sliced fresh deli meat that we were talking about earlier. And another really great thing that I like to pick up in the deli that I can’t necessarily get in the bread aisle would be some whole grain pitas, or some of these roll ups. When you look at the roll ups, which are great for sandwiches, you want to get the ones that are whole grain, and have a high fiber content, as opposed to just the regular white ones. The deli also has a lot to offer in terms of time saving side dishes, like salads. However, what you want to be careful about with the deli items, are the additional fat that you’re going to find, so in general, you want to avoid ones that are really high with mayonnaise, and instead go with ones that might have more of a vinegar and oil base.

Page 7: Pizza (video)

Jerri: Pizza, of course, is a common college student food item, so even though it may not be ideal, we do want to talk about some of the differences in types of pizza that you can buy. The typical pepperoni and sausage pizza is going to run you almost 400 calories per serving, and, in fact, this one has 370 calories per serving, and 17 grams of fat. If you want to try to cut down on fat and calories, you might think, “Oh, well I’ll skip the meat and just get a cheese pizza.” This typical three-cheese pizza is a little bit better, but not much. It still has 15 grams of fat per serving, again, the same serving size, just two slices of pizza, and 310 calories per serving. If you’re really craving pizza, maybe go for a healthier option. For example, this all veggie pizza has only 6 grams of fat per serving, and 230 calories. It’s also going to help you get your daily serving of vegetables.

Page 8: Tour Wrap-Up

Jerri: So, plan ahead, remember your list, and stick to it. You might also want to take some reusable grocery bags with you 😊

Plan sufficient time for your shopping so that you don’t feel rushed; this will likely make your shopping experience more enjoyable, and you’ll probably make healthier, more economic choices, too. Don’t worry; you’ll gradually be able to shop more quickly as you become more familiar with products and the store layout.
One final note: we encourage you to try new grocery stores once in a while. You saw a typical warehouse grocery store throughout the videos, which can be a good option for regular, general shopping, but it can be a lot of fun to check out local co-ops, specialty meat stores, stores tailored to particular cultural and ethnic groups, and, of course, the farmer's market. Be adventurous!