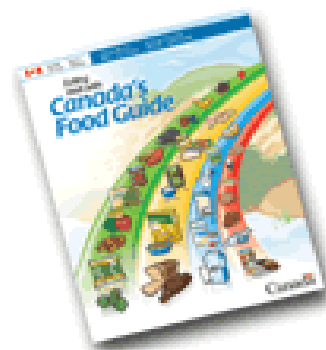


# Grocery Store Tour Outline

## Enjoy eating well and follow Canada's Food Guide

- ✓ Enjoy a **variety** of foods from the four good groups.
- ✓ Emphasize vegetables and fruits, cereals, breads, other grain products.
- ✓ **Limit** foods and beverages high in calories, fat, sugar or salt (sodium).
- ✓ Enjoy all types of foods in moderation and remember to be physically active every day.



### Vegetables & Fruit

**A healthy diet rich in vegetables and fruit may reduce the risk of some types of cancer. Most people aren't eating enough to get their full health benefits.**

- Vegetables and fruits provide essential vitamins and minerals along with health-protecting phytochemicals and antioxidants.
- Usually the darker or more vibrant the colour, the higher nutritional value.
- Eat at least one **dark green** and one **orange** vegetable a day.
- Fresh, frozen, and canned provide similar nutrients. Watch out for sodium in canned vegetables and sugar added to canned fruit.
- Choose whole vegetables and fruits more often than juice, they provide the added benefit of fibre.

### Grain Products

- Grain products provide essential nutrients such as fibre, protein, carbohydrates, B vitamins, and minerals including iron, zinc and magnesium.
- Choose **whole grains** more often. Whole grains are higher in fiber and nutrients, and are linked with lower rates of heart disease, stroke, diabetes, obesity, and certain cancers.
- To choose cereals, look for: At least 3-4 grams of fibre and less than 2 grams of fat per serving.

### Food Labels

- The Nutrition Facts table is mandatory on most packaged foods and includes serving size, calories and nutrient information.
- Read the Nutrition Facts table on food labels to help you choose products that contain less fat, saturated fat, trans fat, sugar and sodium

Niagara Region Public Health  
Nutrition Info Line  
Canada's Food Guide  
Eatracker  
Ask a Dietitian

905-688-8248 ext. 7442

[www.canadasfoodguide.info](http://www.canadasfoodguide.info)

[www.eatracker.ca](http://www.eatracker.ca)

[www.healthyontarioaskadietitian.com](http://www.healthyontarioaskadietitian.com)

## Fibre



- Increasing fibre intake may improve bowel function as well as blood sugar and cholesterol control.
- Choose sources of both **insoluble** (ex. whole wheat, vegetables) and **soluble** (oats, fruits) fibre.
- Check Nutrition Facts tables for fibre content; also, look for fibre nutrient content claims:
  - Very high fibre = at least 6 g per serving
  - High fibre = at least 4 g per serving
  - Source of fibre = at least 2 g per serving
- High fluid intake (especially water; also milk, juice) is needed along with higher fibre intake.

## Fats

- **A healthy diet low in saturated fat and trans fat may reduce the risk of heart disease**
- Choose lower-fat foods more often. Some fat is essential, but fat is high-calorie and linked to chronic diseases such as heart disease, stroke, cancer, obesity, etc.
- Look for margarines that are labelled “non-hydrogenated”.
- **Healthier fats to choose are unsaturated fats** – monounsaturates and polyunsaturates – such as from canola, corn, soybean, olive, peanut, flaxseed, and fat in cold-water fishes (see Meat & Alternatives below).
- Include a small amount (2 to 3 Tbsp) of these healthy fats every day

## Milk Products

- A healthy diet adequate in calcium and vitamin D may reduce the risk of osteoporosis.
- Have 500 ml (2 cups) of milk every day for adequate vitamin D. If you don't drink milk choose fortified milk alternatives.
- Those over the age of 50 should take a daily vitamin D supplement of 400 IU (10µg).
- Choose **lower-fat** milk products more often (for people 2 years old and over):
  - ✓ Milk, yogurt, cottage cheese → 2% M.F. (milk fat) or less
  - ✓ Cheese → 20% M.F. or less ("light", partly skimmed or skim milk cheese)

## Meat and Alternatives

- Meat and Alternatives provide essential nutrients such as protein, B vitamins, and minerals including iron, zinc, magnesium.
- Choose leaner meats like cuts with little marbling or surface fat (ex. “loin” cuts)
- Include at least two servings of fish each week. Types higher in omega-3 fats include salmon, mackerel, sardines, halibut, trout, cod, and herring.
- Enjoy more legumes – these are low-fat, high-fibre, nutrition-packed, economical meat alternatives.
- Watch portion sizes; an appropriate serving of meat is about the size of a deck of cards.