

# SMART CHOICES AT THE GROCERY STORE

Shopping decisions influence the whole family's eating habits!  
Ideally, the contents of your grocery cart should resemble the balanced plate:

## MORE FRESH OR MINIMALLY PROCESSED PRODUCTS SUCH AS:

- fruit and vegetables
- whole grain foods
- protein-rich foods
- foods containing essential fats (e.g. nuts and seeds, avocado, oily fish, vegetable oils, non-hydrogenated margarines, etc.)

## FEWER HIGHLY PROCESSED PRODUCTS SUCH AS:

- baked goods (e.g. cookies, muffins, cakes, etc.)
- sweetened breakfast cereals and cereal bars
- processed meats (e.g. sausages, cold cuts)
- packaged ready-to-heat or ready-to-serve dishes
- seasoned foods
- ready-to-eat soups
- prepared sauces
- fried foods
- sweetened beverages
- chocolates and sweets
- ice cream and frozen desserts

## 5 TIPS FOR MAKING INFORMED CHOICES



- 1 Choose minimally processed foods for better nutritional intake.
- 2 Use the Nutrition Facts table to compare products.
- 3 Opt for foods with little or no sodium, added sugars or saturated fats.
- 4 Keep in mind that all foods can be included in a balanced diet.
- 5 Vary the frequency and quantity according to the type of food.