

# Your Guide to Heart-smart Shopping



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## Notes

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## Good Nutrition

Good nutrition is essential for a healthy heart and body. Eating healthful foods will help you feel your best. The American Heart Association recommends that you eat a wide variety of healthful foods daily.

To eat for heart health, you should try to have at least:

- 4 ½ cups of fruits and vegetables a day
- three 1-ounce servings of whole grains a day
- two 3 ½-ounce servings of fish a week
- 4 servings of nuts, legumes and seeds a week.



In addition, you should try to limit:

- sodium (salt) to less than 2,400 milligrams (mg) a day
- saturated fat
- sugar-sweetened beverages
- processed meats.

Making small changes in your grocery shopping can help you eat more healthful foods and limit less healthful options.

**Important**

You should have no more than 2,400 mg of sodium a day. Try to eat less than 1,500 mg sodium, especially if you:

- have heart failure
- are 51 years of age or older
- are African American
- have high blood pressure, diabetes and/or chronic (long-lasting) kidney disease.

**Notes**

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## Tips for Your Shopping Trip

Use the following tips to help you with your heart-smart shopping.

### At home:

- Look to see what foods you have in your refrigerator, freezer and pantry. Write down anything you have run out of and need to buy.
- Try planning your meals for the entire week. Include as many fresh fruits and vegetables as you can.
- Make your shopping list and stick to it!
- Have a small snack so hunger doesn't cause you to buy foods not on your list or taste free samples as you shop.

### At the store:

- Start in the produce section and continue around the outside of the store.
- Be aware that end-of-the-aisle displays are usually not in your cart. Ask the butcher for help in finding the freshest, leanest cuts of meat. If something isn't on the shelf, it may be behind the meat counter.
- Shop with food safety in mind. Visit the fresh meat department last and keep these items away from other foods in your cart. Use the self-checkout to prevent being tempted by candy, soda or other treats.



## Tips for Your Shopping Trip

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### At home:

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### Tip

Visit [allinahealth.org/recipes](http://allinahealth.org/recipes) for helpful recipe ideas.



## At the store:

- Start in the produce section and spend most of your time here. Then work your way around the outside of the store.
- Be aware that end-of-the-aisle displays are usually not healthful choices. If it's not on your list, don't put it in your cart.
- Talk to the butcher for help in finding the freshest, leanest cuts of meat. If something isn't on the shelf, it may be behind the meat counter.
- Shop with food safety in mind. Visit the fresh meat department last and keep these items away from other foods in your cart.
- Use the self-checkout to prevent being tempted by candy, soda or other treats.



■ [myplate.gov](http://myplate.gov) United States Department of Agriculture.

■ [heart.org](http://heart.org) American Heart Association

■ [allinahealth.org](http://allinahealth.org) Allina Health

For more information on nutrition for heart health, visit:  
to sign up for a weekly recipe email.  
For healthful recipe ideas, visit [allinahealth.org/recipes](http://allinahealth.org/recipes)

## Heart-smart Resources

## Quick Tips for Heart-smart Shopping



## How to Use the Quick Tips Booklet

The *Quick Tips for Heart-smart Shopping* booklet on the following page includes important things to remember as you do your heart-smart shopping. To make the booklet:

- cut on the dashed line with a scissors
- fold along the solid black line.

Use the booklet to help you plan and prepare for your shopping trip, and don't forget to bring it with you to the store!

## Heart-smart Choices

The choices you make at the grocery store can help you keep your heart healthy. Try to choose a variety of healthful foods. Here are some wise choices from each food group.

### Fruits and vegetables

Fruits and vegetables give your body fiber, vitamins, minerals and antioxidants. (Antioxidants help to keep your cells healthy, which prevents diseases such as heart disease and cancer.) Many are also a good source of potassium to help lower blood pressure and fiber to help lower LDL ("bad") cholesterol. Look for colorful fruits and vegetables to give your body a variety of nutrients.

Choose five or more of the following each day:

- fresh fruits and vegetables
- frozen fruits without added sugars or sauces
- frozen vegetables without added salt or sauces
- canned fruit (packed in water or juice)
- canned vegetables (reduced sodium or no salt added)
- dried fruit without added sugars
- 100 percent fruit and vegetable juices.

One serving of fruits and vegetables is:

- 1 cup leafy greens (such as lettuce or spinach)
- 1 cup raw
- ½ cup canned or cooked.





### Milk, yogurt and cheese

Dairy products give your body calcium, potassium, vitamin D and protein. Choose fat-free or low-fat options when available. Also check the label for added sugars as these can sneak into products such as yogurt and flavored milks. Save treats like ice cream for special occasions.

Choose 2 to 3 servings of the following each day:

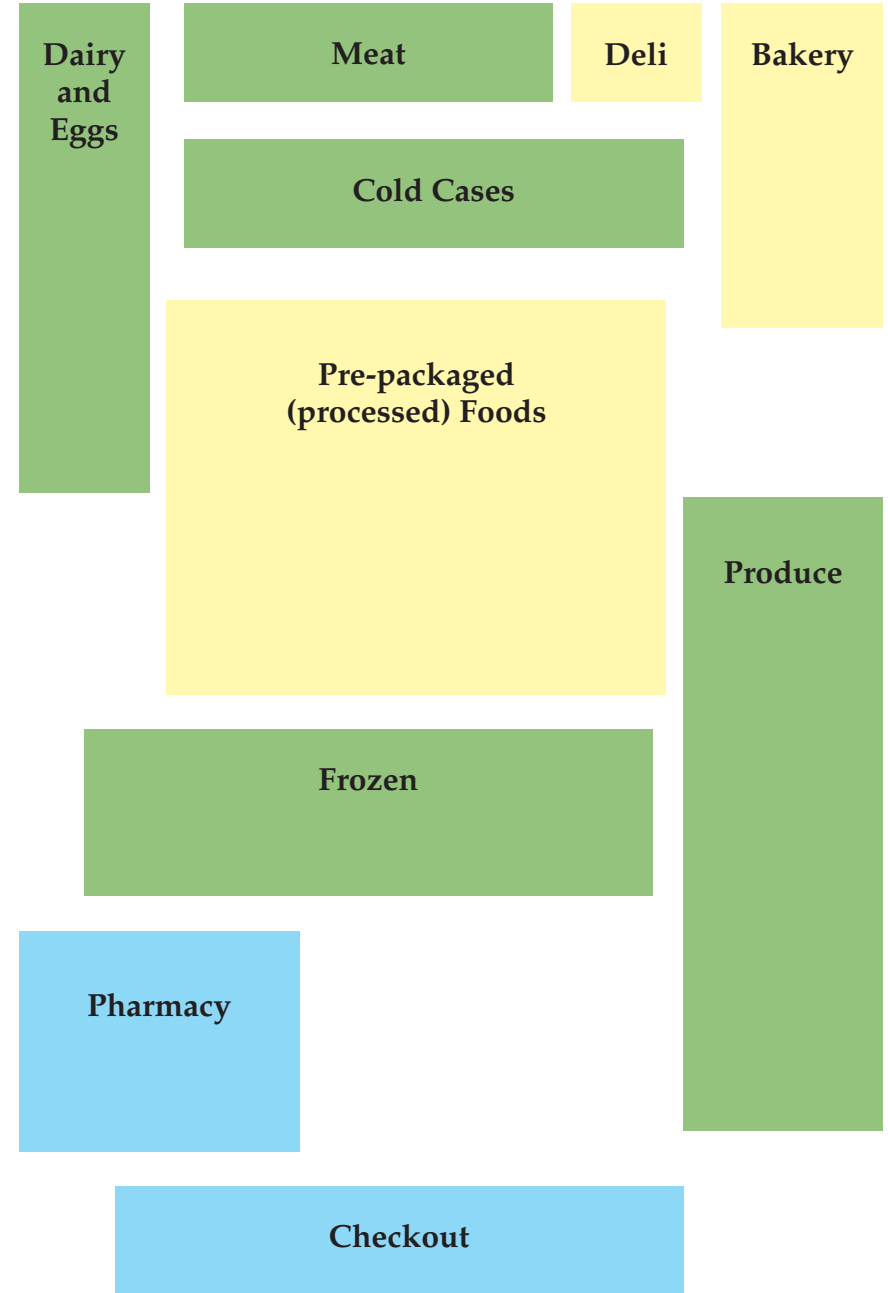
- fat-free or low-fat milk
- fat-free or low-fat cheese
- fat-free or low-fat cottage cheese (low sodium) and yogurt
- milk alternatives such as almond or soy milk
- light ice cream or frozen yogurt (in moderation).

1 serving of dairy is 1 cup or 1 ½ ounces of hard cheese such as mozzarella, Swiss or cheddar.

### More Information

Visit [myplate.gov](http://myplate.gov) for examples of what counts as 1 serving for each food group.

### Grocery Store Map





## Your Grocery Store Guide

The grocery store map on the following page can help you plan your shopping trip. Use the information below as a guide.

### Green:

You'll find the most healthful foods here.

Shop for the following healthful items:

- **produce:** fresh, in-season fruits and vegetables
- **meat and cold cases:** fresh, lean cuts of beef, pork, poultry (skinless) and seafood
- **dairy and eggs:** fat-free or low-fat yogurt, milk and cottage cheese; eggs or egg substitute
- **frozen:** fruits and vegetables (no added sauce, syrup, sugars or salt).

### Yellow:

You may need to go into these areas for a few items.

Shop for the following healthful items:

- **bakery:** fresh, whole grain breads, rolls and pitas
- **deli:** low-sodium, lean cuts of meat
- **pre-packaged (processed) foods:** dry beans, lentils and whole-grain pasta; low-sodium canned beans and vegetables.

### Blue:

These areas have non-food items. Watch out for candy and soda in the checkout line. Try using the self-checkout or if you are hungry, grab a banana or apple from the produce section.



## Did You Know?

Lentils are high in protein and fiber. They are a legume, like beans and peas.

## Meat, poultry, fish, beans and eggs

Meat, poultry, fish, beans and eggs give your body protein, B vitamins, vitamin E, iron, zinc and magnesium. Choose lean cuts of meat, chicken and turkey. Try to eat fish that is high in omega-3 fatty acids to help protect your heart against heart disease. Beans provide protein and fiber to keep you feeling full for longer. You can substitute egg whites or egg substitute for whole eggs to cut back on cholesterol.

Choose 2 servings of the following each day:

- 90% to 97%lean ground beef
- lean cuts of meat labeled "round" or "loin"
- chicken or turkey breast meat (skinless)
- low-sodium deli meats
- fish high in omega-3 fatty acids such as salmon, trout or herring
- beans, lentils or tofu
- egg whites or egg substitute.

1 serving of meat, poultry, fish, beans and eggs is:

- 2 to 3 ounces lean beef, pork, chicken or turkey
- 4 ounces fish
- ½ cup beans or peas
- 1 whole egg.

## Grains and baked foods

Grains give your body fiber, B vitamins and minerals to help build red blood cells, bones and release energy. Choose whole grains when possible. At least half of your grains should be whole grains. Save treats like baked goods for special occasions because many of these products have a lot of calories and fat but not a lot of nutrition.

Choose at least 6 of the following each day:

- barley
- quinoa
- brown rice
- bran
- whole grain bread
- whole grain pasta
- whole grain tortillas
- whole grain cold and hot cereals
- light popcorn.

One serving of grains and baked foods is 1 ounce or:

- 1 slice of bread
- ½ hamburger or hot dog bun
- ½ cup cooked cereal.

### Tip

Make ½ of your grains whole grains.



- **Serving size:** The serving size reflects the amount that people typically eat or drink. The nutrients listed are for 1 serving.
- **Calories:** This is a measure of how much energy you get from a serving of this food.
- **Total Fat, Total Carbohydrate and Protein:** These are sources of calories that gives your body energy.
- **Saturated Fat:** Saturated fat raises LDL (“bad”) cholesterol.
- **Trans Fat:** Trans fats can raise LDL cholesterol and lower HDL (“good”) cholesterol.
- **Sodium:** Your body needs a small amount of sodium to work properly. Too much sodium can increase your risk of developing high blood pressure.
- Nutrients to get more of:
  - dietary fiber
  - vitamin D
  - calcium
  - iron
  - potassium.
- Nutrients to get less of:
  - saturated fat
  - sodium
  - added sugars.

## How to Read a Food Label

Learning to read labels will help you make wise choices.

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Tip

Make sure to watch your portion sizes of nuts and seeds. A 1-ounce serving is about 23 almonds.



## Oils, salad dressings and nuts

Oils, salad dressings and nuts can be a good source of healthful fats if you make smart choices. Focus on healthful fats found in canola oil, olive-oil based dressings and almonds.

Choose no more than 6 servings of the following each day:

- olive, flaxseed, canola, safflower or sunflower oil
- olive oil-based salad dressings
- nonstick cooking spray
- almonds
- walnuts
- pistachios
- flaxseeds (must be ground up for your body to use the nutrients)
- sunflower or pumpkin seeds.

1 serving of oils, salad dressings and nuts is:

- 1 teaspoon oil
- 2 tablespoons salad dressing
- 1/4 cup nuts
- 1 ounce seeds.

## Flavorings, herbs and spices

Try seasoning your food with herbs and spices instead of salt. Cutting back on sodium can help lower blood pressure.

Try some of the following options to flavor your food:

- lemon juice
- vinegar
- fresh or powdered onion or garlic
- herbs and spices
- salt-free herb and spice blends
- bouillon or broth (reduced sodium or no salt added).

Keep the following tips in mind when seasoning with herbs and spices.

- Add a small amount and taste. Sometimes it doesn't take much of an herb or spice to flavor your food. You can always add more!
- If a recipe calls for fresh herbs, you can substitute dried herbs. Make sure to only use  $\frac{1}{3}$  of the amount. (If a recipe calls for 1 tablespoon fresh oregano, only use 1 teaspoon dried oregano.)
- Herbs and spices have a long shelf life. They won't spoil but they will start to lose their strong flavor. Store your herbs and spices in a cool, dark place (such as a cabinet away from the stove) in your kitchen.

## Tip

Put a small amount of rice in the bottom of your shaker to allow the blend to flow easily.



Try these recipes to make your own herb or spice blend. You can vary the amounts to suit your taste.

### Herb Blend

- 1 teaspoon each:
  - dried basil
  - dried marjoram
  - thyme
  - dried oregano
  - dried parsley
  - ground cloves
  - ground mace
  - black pepper
  - dried savory
- $\frac{1}{4}$  teaspoon each:
  - ground nutmeg
  - cayenne.

### Spice Blend

- 4 tablespoons dry mustard
- 1 tablespoon garlic powder
- 4 tablespoons onion powder
- 2 tablespoons white pepper
- 1 tablespoon thyme
- 1 teaspoon basil
- 4 tablespoons paprika.

### Directions:

For each recipe, combine ingredients and blend well. Fill a shaker with the blend, using a funnel. Label it and keep it handy. The herb blend is especially good on meats and vegetables. Try using the spice blend in homemade meals to cut the salt without losing flavor!