

# GROCERY STORE CHEAT SHEET

## BREAD

- LOOK FOR THE WORD **WHOLE** IN THE FIRST INGREDIENT (FOR EXAMPLE, WHOLE WHEAT FLOUR).
- TRY TO FIND AN OPTION WITH 3 TO 6 GRAMS OF FIBER, 3 GRAMS OR LESS OF ADDED SUGAR, AND 140 MG OR LESS OF SODIUM PER SERVING.
- TRY TO AVOID INGREDIENTS SUCH AS UNBLEACHED WHEAT FLOUR, MULTIGRAIN, ENRICHED OR STONE-GROUND WHEAT FLOUR WITHOUT THE WORD **WHOLE**.

## CHOCOLATE

- AIM FOR 60% CACAO OR HIGHER (THE HIGHER, THE BETTER).
- AVOID COCOA "PROCESSED WITH ALKALI" OR "DUTCH PROCESSED."

## NUTS & NUT BUTTERS

- BEST CHOICE: RAW NUTS (1 INGREDIENT). STORE IN FRIDGE IF POSSIBLE.
- NEXT BEST: DRY ROASTED (2 INGREDIENTS - NUTS AND SALT).
- TRY TO AVOID SEED OILS AND ADDED SUGARS.

## BREAKFAST AISLE

- LOOK FOR A SHORT LIST OF RECOGNIZABLE INGREDIENTS.
- PAY ATTENTION TO ADDED SUGARS AND SERVING SIZES.
- LOOK FOR **WHOLE GRAINS** AS THE FIRST INGREDIENTS AND AT LEAST 4 GRAMS OF FIBER.
- OATS: BUY ORGANIC IF POSSIBLE.

## MEAT & FISH

- MEAT: LOOK FOR GRASS FED AND GRASS FINISHED.
- FISH: LOOK FOR WILD-CAUGHT FROM A REGION WITH GOOD SUSTAINABILITY PRACTICES (LIKE THE U.S., CANADA, ICELAND OR NEW ZEALAND).

## OILS

- EXTRA VIRGIN OLIVE OIL IS A GREAT "GO-TO."
- FOR OTHER OILS, OPT FOR COLD PRESSED OR EXPELLER PRESSED. TRY TO AVOID "REFINED" OILS.
- FOR HIGHER HEAT COOKING, CONSIDER USING AVOCADO OIL.
- CHOOSE GLASS BOTTLES OVER PLASTIC.
- FOR COOKING SPRAYS, CHOOSE "PROPELLANT FREE."

## PRODUCE

- LOAD UP YOUR CART IN THIS SECTION!
- PRE-CUT VEGGIES / FRUITS AND PRE-PACKAGED SALAD KITS ARE CONVENIENT, BUT MORE EXPENSIVE THAN THEIR WHOLE COUNTERPARTS.
- CONSIDER ORGANIC FOR THINGS ON THE "DIRTY DOZEN" LIST (OR FRUITS / VEGGIES WHERE YOU EAT THE SKIN). REMEMBER: CONVENTIONAL PRODUCE IS STILL BETTER THAN ORGANIC JUNK FOOD.
- SAVE MONEY BY LOOKING FOR DISCOUNTED ITEMS AND IN-SEASON PRODUCE.

## VINEGARS & DRESSINGS

- EMBRACE "THE MOTHER." IT IS BENEFICIAL BACTERIA!
- READ THE INGREDIENTS AND AVOID ADDED SUGAR AND "CARAMEL COLOR."
- CONSIDER BUYING AN AGED BALSAMIC (OUR FAVORITE IS NAPA VALLEY NATURALS GRAND RESERVE).
- SKIP THE BOTTLED SALAD DRESSING AND MAKE YOUR OWN. IF YOU DO BUY A BOTTLE, LOOK FOR EXTRA VIRGIN OLIVE OIL OR A COLD PRESSED OR EXPELLER PRESSED OIL.

## YOGURT

- LOOK FOR 3 INGREDIENTS - MILK AND TWO LIVE ACTIVE CULTURES.
- GREEK AND ICELANDIC ("SKYR") YOGURTS ARE THICKER AND HAVE MORE PROTEIN.
- AVOID ADDED SUGARS AND ARTIFICIAL SWEETENERS AND COLORINGS.
- CHOOSE PLAIN YOGURT AND ADD YOUR OWN FRUIT, NUTS, SEEDS AND OTHER ADD-INS.
- LOOK FOR DISCOUNTED ITEMS AND BUY THE LARGER CONTAINER AND DIVIDE IT UP YOURSELF.

## IN ALL SECTIONS

- IGNORE HEALTH CLAIMS ON THE FRONT OF THE PACKAGE.
- READ INGREDIENT LABELS AND LOOK FOR A SHORT LIST OF RECOGNIZABLE INGREDIENTS.
- ASK "WOULD I KEEP THAT INGREDIENT IN MY PANTRY?"



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