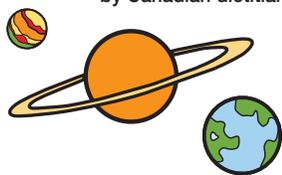
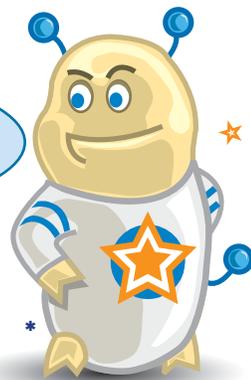


Adventures in learning, created by Canadian dietitians



## Smart Shopping List



### Vegetables and Fruit

- ☆ Eat at least one dark green and one orange vegetable each day.
- ☆ Choose vegetables and fruit with little or no added fat, sugar or salt.
- ☆ Have vegetables and fruit more often than juice.
- ☆ Buy 100% vegetable and fruit juices.

### Grain Products

- ☆ Make at least half of your grain products whole grain each day.
- ☆ Enjoy whole grain breads, whole grain cereals or whole wheat pasta.
- ☆ Choose grain products that are lower in fat, sugar or salt.

### Milk and Alternatives

- ☆ Drink skim, 1% or 2% milk (or fortified soy beverages) each day.
- ☆ Buy lower fat milk alternatives such as yogurts and cheeses.

### Meat and Alternatives

- ☆ Enjoy beans, lentils and tofu often.
- ☆ Eat at least 2 servings of fish a week.\*
- ☆ Buy lean meat and alternatives with little or no added fat or salt.

### Other

- ☆ Use vegetable oils such as canola, olive and soybean.
- ☆ Choose soft margarines that are low in saturated and trans fats.
- ☆ Limit foods and beverages high in calories, fat, sugar or salt (sodium).

\* NOTE: Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to [www.healthcanada.gc.ca](http://www.healthcanada.gc.ca) for the latest information.



Learn more about making healthy food choices at [www.missionnutrition.ca](http://www.missionnutrition.ca) and [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)