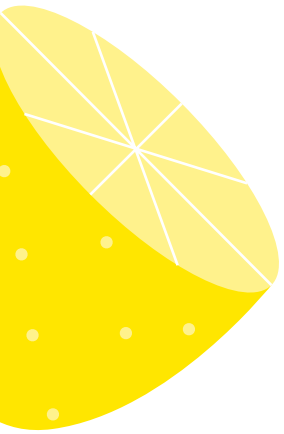
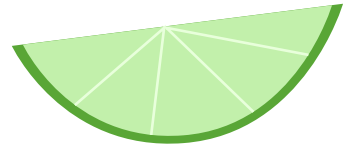
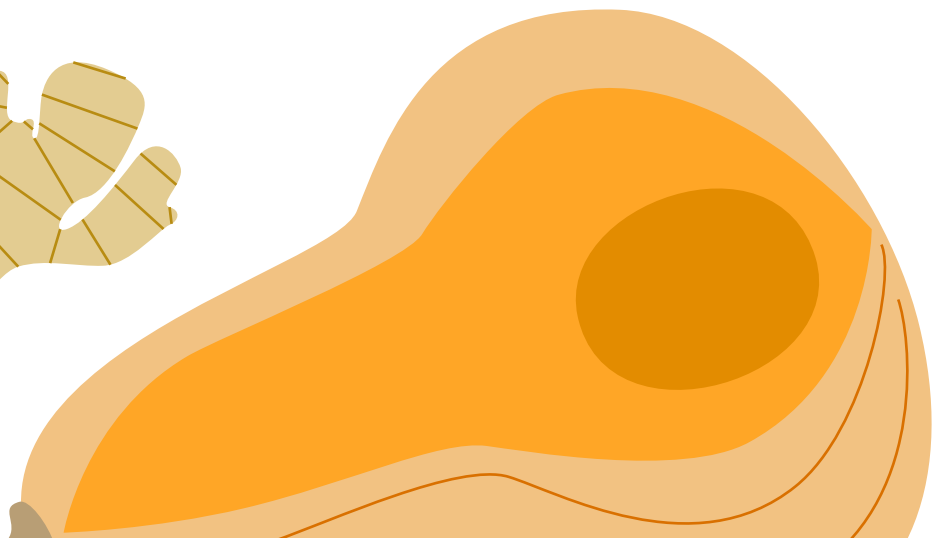
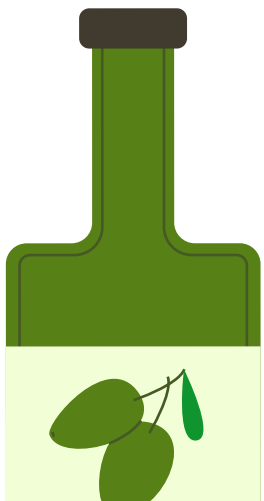
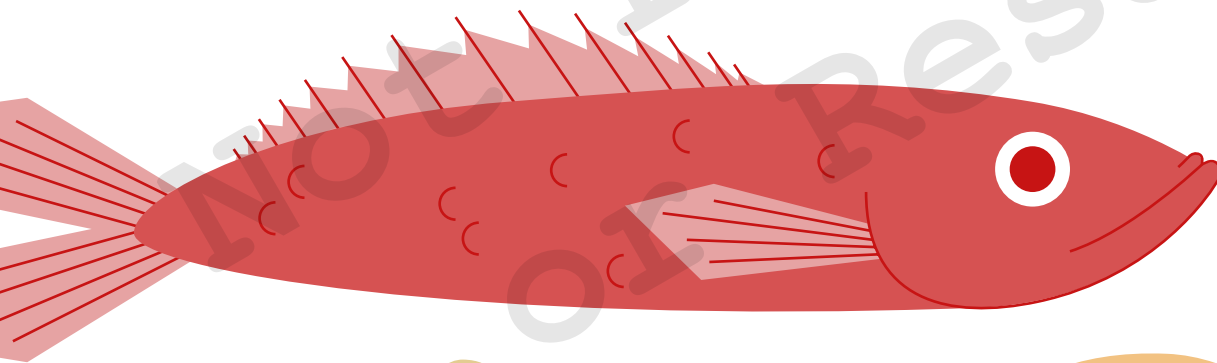
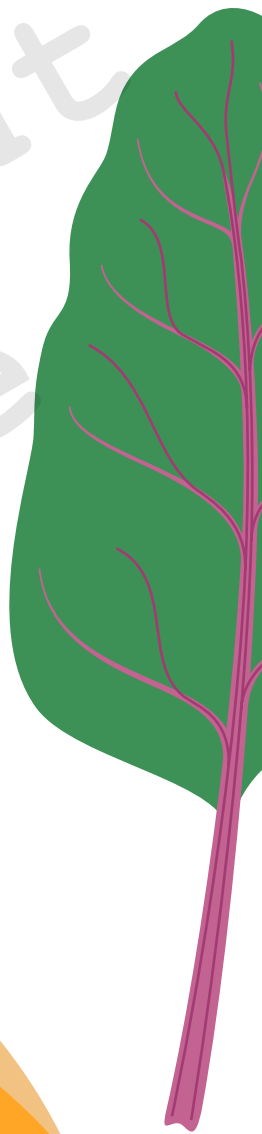


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HEALTHY MEAL PLANNING AND SHOPPING



Academy of Nutrition and Dietetics
120 South Riverside Plaza, Suite 2190
Chicago, IL 60606

Eatright Essentials: Healthy Meal Planning and Shopping

Catalog Number: 620620

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For more information on the Academy of Nutrition and Dietetics, visit www.eatright.org.

HEALTHY MEAL PLANNING AND SHOPPING HANDOUTS:

Planning for a Healthy Breakfast

Planning and Packing Healthy Lunches

Planning Fast and Healthy Dinners

Planning Healthy Snacks

5 Steps to Meal Planning

Diabetes Meal Planning

Gluten-Free Meal Planning

Meal Planning and Shopping for Heart Health

Mediterranean Style Meal Planning

Vegetarian Meal Planning

Grocery Shop for Good Health

Get to Know the Food Label

Stocking a Healthy Pantry

Food Safety: Storing Foods

Food Safety: Shopping and Transporting Foods

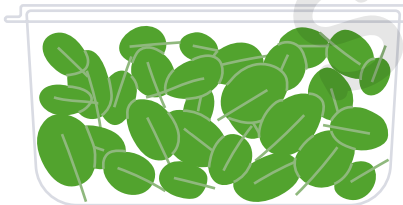


PLANNING FAST AND HEALTHY DINNERS

After a busy day, you need a quick and nutritious meal on the menu. Make it happen with the tips below.

Make Dinner Plans

- ▶ Set a regular day and time to plan your dinners for the coming week, allowing for special nights, like when you order pizza or eat out. Consider going meatless at least 1 day per week with a healthy meal that includes plant-based foods like whole grains, beans or lentils, and vegetables.
- ▶ Base your meals on these foods: vegetables, fruits, whole grains, lean proteins, fat-free or low-fat milk and yogurt, and reduced-fat cheese.



← → Include nutritious short cuts. Frozen vegetables, prewashed salad greens, rotisserie chicken, canned tuna and salmon, canned beans, and quick-cooking brown rice are just a few options that can help you trim time when making dinner.

- ▶ Make a shopping list of the foods and ingredients you need to prepare your dinners for the week, preferably organized by the aisles of your supermarket for a speedier trip. To save even more time, order groceries online for curbside pickup at the store or delivery to your door.



← → Get a head start. When you get home from the store, review your recipe. If needed, wash, cut up, and refrigerate recipe ingredients. On the weekend, make a double batch of soup, chili, or stew. Enjoy $\frac{1}{2}$ during the week and freeze $\frac{1}{2}$ in meal-sized portions to defrost for another time. In the morning, set up a slow cooker with the evening's meal so that it's ready when you arrive home. Get started with the hearty **Slow Cooker Lentil Soup** recipe on the next page.

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- ▶ **Make at least ½ your grains whole grains.** They're rich in vitamins, minerals, and dietary fiber. Brown rice, quinoa, oatmeal, shredded wheat, whole-wheat breads and pasta, and popcorn are common whole-grain foods.
- ▶ **Boost fiber-rich foods.** Fiber slows digestion and may control the rise of blood glucose levels after you eat. Beans, oatmeal, and whole-wheat bread are a few fiber-rich foods.
- ▶ **Eat less saturated fat.** Choose lean meats, skinless poultry, fish, and low-fat or fat-free dairy products.
- ▶ **Shake the salt habit.** Use less salt and more pepper, herbs, and seasoning. Eating less salt helps control high blood pressure.



- ▶ added salt” versions of canned vegetables. Look for unsweetened canned and jarred fruits, or types packed in their own juice. Choose dried fruits without added sugars.
- ▶ Go for whole-grain types of bread, cereal, rice, and pasta. Examples are 100% whole-wheat bread, oatmeal, shredded wheat, brown rice, and whole-wheat spaghetti.
- ▶ Select low-fat and fat-free milk, yogurt, and cheese. Compare added sugar levels in yogurt and yogurt drinks and choose ones with lower amounts of added sugars.
- ▶ Buy lean meats (look for cuts with “loin” or “round” in the name) and skinless poultry (or remove the skin before or after cooking). Bake, broil, roast, grill, or steam instead of frying.
- ▶ Pick fatty fish like salmon, Atlantic or Pacific mackerel, tuna, and sardines for their heart-healthy omega-3 fatty acids. Find them fresh, frozen, canned, or in pouches.
- ▶ Buy dry or canned beans, peas, and lentils. Look for reduced-sodium canned beans or rinse regular beans under cold water to reduce sodium.
- ▶ Stock up on herbs and spices to season foods instead of using salt.
- ▶ For cooking and baking, choose a liquid vegetable oil like olive, canola, corn, cottonseed safflower, soybean, or sunflower oil. Oils contain less saturated fat than solid fats like butter and lard.
- ▶ For spreads, buy soft tub, liquid, or spray margarines for less saturated fat than butter or stick margarine. Look for products with no *trans* fat by checking the Nutrition Facts label and the ingredients for words like “partially hydrogenated.”
- ▶ Pick up nutritious snacks, such as unsalted nuts, reduced-fat cheese, and fruit. Go easy on higher calorie, less nutritious foods like chips, cookies, cakes, and candy.

FOR MORE MEAL PLANNING AND SHOPPING TIPS ...

For meal planning tips, shopping lists, quick breakfast, lunch and dinner ideas, and more, visit the Academy of Nutrition and Dietetics website at www.eatright.org and the American Diabetes Association website at www.diabetes.org.



GLUTEN-FREE MEAL PLANNING

Following a gluten-free diet takes careful planning, but it's easier than ever thanks to the wide variety of gluten-free foods available today. Read on for gluten-free meal planning, shopping, and food preparation tips.

GLUTEN Q&A

What is gluten?

Gluten is a protein in wheat, barley, and rye. Most breads, pastas, breakfast cereals, cookies, and crackers contain gluten. Other foods—like soups, sauces, condiments, and gravies—sometimes contain gluten, as do some supplements and medications.

Who should follow a gluten-free diet?

People who have been tested for and diagnosed with celiac disease or non-celiac gluten sensitivity (gluten intolerance) by their doctor should follow a gluten-free diet.

How can I spot gluten-containing foods when I shop?

Each time you shop, read the labels on all packaged foods because recipes and labels may change. You can safely enjoy most foods labeled “gluten-free.”

If a food is not labeled gluten-free, read the ingredients list and the “Contains” statement

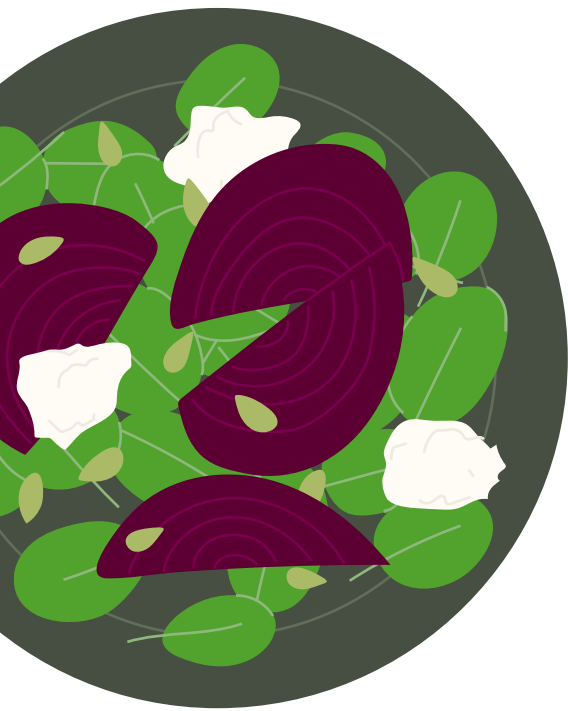
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Meal Planning Tips

- ▶ Plan meals around naturally gluten-free foods. Fresh fruits and vegetables, beans, lentils, plain meat, poultry, fish, eggs, and many dairy products do not contain gluten.
- ▶ Enjoy gluten-free whole grains and flours. Amaranth, buckwheat, quinoa, sorghum, millet, teff, and brown rice are healthy and tasty options.
- ▶ Choose refined gluten-free grain foods that are enriched or fortified. Some gluten-free breads, pastas, and breakfast cereals are made with white rice, milled corn, or tapioca starch. Look for enriched or fortified versions of these refined grains to get more nutrients, such as iron, B vitamins, and folic acid.
- ▶ Follow gluten-free recipes—they're readily available online. See the box, **Gluten-Free Recipe Finder**, for resources.

Gluten-Free Shopping— Label Reading Is Key

- ▶ Look for foods labeled “gluten-free” throughout the aisles and, in some stores, in a special aisle stocked with gluten-free foods. Food companies that label their products gluten-free must follow strict processing and labeling rules.
- ▶ Whenever possible, buy grain-based foods labeled gluten-free. Examples are flours, baking mixes, pastas, breakfast cereals, frozen waffles, crackers, and cookies.



VEGETARIAN MEAL PLANNING

A well-planned vegetarian diet is a delicious way to eat that may provide health benefits as well. That's because an eating plan that is rich in plant foods may help to reduce the risk of heart disease, high blood pressure, type 2 diabetes, obesity, and some cancers.

Vegetarians mostly eat plant foods (such as fruits, vegetables, whole grains, beans and peas, and seeds and nuts) and do not eat meat, poultry, and fish. Some vegetarians eat eggs, dairy foods, or both, while others (called vegans) don't eat any animal foods or foods with ingredients that come from animals.

Meal Planning and Shopping for Good Nutrition

Whatever your vegetarian eating style is, it's important to eat a wide variety of foods to meet your nutrition needs. Go for these nutrients and food choices when you plan and shop for meals and snacks:

- ▶ **Protein:** Beans and peas, nuts and seeds, soy foods (such as tofu and tempeh), whole grains (such as quinoa, sorghum, and teff), eggs, and dairy foods.
- ▶ **Omega-3 fatty acids:** Ground flaxseeds, chia seeds, hempseeds, walnuts, soy nuts, canola oil, soybean oil, and some other plant oils.
- ▶ **Calcium:** Dairy foods (such as low-fat or fat-free milk, yogurt, and cheese) and plant foods like dark, leafy greens (such as mustard, collard, and turnip greens and bok choy), broccoli, beans, and dried figs. Also look for tofu prepared with calcium and calcium-fortified foods and beverages (such as breads, ready-to-eat cereals, juices), and plant-based milks like soy, almond, or rice milk. Check the labels to be sure calcium has been added.
- ▶ *Tip:* Try other sources of calcium like beet greens, rhubarb, spinach, Swiss chard, and the grain amaranth. Note that the amount of calcium absorbed by the body from these plant foods can vary.

STOCKING THE VEGETARIAN KITCHEN

A well-stocked kitchen is a key to quick and easy vegetarian meals and snacks. Below are some ideas for what to keep on hand.

Refrigerator

- ▶ Fresh fruits and vegetables
- ▶ Dairy or soy foods (milk, yogurt, cheese, tofu, tempeh)
- ▶ Eggs

Freezer

- ▶ Unsweetened frozen fruits
- ▶ Frozen vegetables without added sauces or salt
- ▶ Veggie burgers or crumbles
- ▶ Vegetarian entrées and vegetable pizza

continued

THE TOP 8 FOOD ALLERGENS

Food labels must provide a statement listing the 8 most common food allergens (listed below) present in the food or drink. Look for the bolded allergen statement at the end of or below the ingredient list.

Tip: If you have a food allergy, check the label every time you buy a food because ingredient formulations can change.

- ▶ Milk
- ▶ Eggs
- ▶ Fish
- ▶ Crustacean shellfish (such as shrimp and lobster)
- ▶ Tree nuts (such as almonds, walnuts, and pecans)
- ▶ Peanuts
- ▶ Wheat
- ▶ Soybeans

Total carbohydrate is the total amount of starches, sugars, sugar alcohols, and dietary fiber in a food. Choose carbohydrates that also provide dietary fiber, vitamins, and minerals, such as whole grains, vegetables, and fruits. Limit added sugars to less than 10% of total calories per day, which is no more than 50 grams of added sugars for a 2,000-calorie diet.

Protein helps the body build and maintain muscles and tissues. The label doesn't list a % Daily Value for protein because recommended daily amounts vary by age, sex, and activity level, and most people get enough. Choose a variety of foods with protein, such as lean meats, skinless poultry, eggs, seafood, low-fat or fat-free dairy products, nuts, seeds, soy products, and legumes (beans and peas).

An **ingredient list** is required for foods with more than 1 ingredient. Ingredients are listed in descending order by weight—those present in the largest amounts are listed first. Food manufacturers also must state if foods contain major food allergens. See the sidebar, **The Top 8 Food Allergens**.

Nutrient Content Claims

Did you ever notice statements on food labels such as “high in fiber” or “low sodium”? These “nutrient content claims” are strictly regulated and defined by the US Food and Drug Administration. When you shop, use them as a shortcut to find the right foods for you.

Below are some common claims and their definitions:

- ▶ **Low calorie:** Contains 40 calories or fewer per serving.
- ▶ **Low cholesterol:** Includes 20 milligrams (mg) or fewer of cholesterol and 2 grams or fewer of saturated fat per serving.
- ▶ **Reduced:** Provides at least 25% fewer calories and 25% less fat, saturated fat, cholesterol, sugars, or sodium than the usual product.
- ▶ **Good source of:** Provides at least 10% of the Daily Value (DV) of a particular nutrient per serving.
- ▶ **Calorie free:** Contains less than 5 calories per serving.
- ▶ **Fat free/sugar free:** Includes less than 0.5 gram of fat or sugar per serving.
- ▶ **Low sodium:** Contains 140 mg or fewer of sodium per serving.
- ▶ **High in/excellent source of:** Provides 20% or more of the DV of a specified nutrient per serving.



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ready-to-eat foods. This help prevents juices from leaking and contaminating your reusable totes and food.

- ▶ At home, reduce cross-contamination by cleaning areas where you place your totes, such as the kitchen counter or table.
- ▶ Wash reusable cloth totes frequently in the washing machine or by hand with hot, soapy water. Wipe down plastic bags with antibacterial sprays.
- ▶ Store totes in a clean, dry location. Avoid leaving totes in the trunk of a vehicle.

6. Make sure cartons of milk, yogurt, cottage cheese, and other dairy products are cold. Lukewarm cartons might have been left unrefrigerated long enough for bacteria to grow.
7. Choose clean eggs that aren't broken or cracked.
8. Avoid frozen foods that show signs of thawing.
9. Buy perishable items like meat and dairy products toward the end of your shopping trip so they stay chilled longer.
10. Don't buy canned goods that are deeply dented, bulging, or rusting.

At the Checkout

- ▶ Ask the cashier to place your raw meat, poultry, and seafood items in a separate bag so their juices don't leak onto ready-to-eat items like produce, bread, or snacks.
- ▶ Bag frozen foods together to keep them cold.

Transporting and Storing

- ▶ If possible, go straight home after grocery shopping because perishable foods must be refrigerated within 2 hours (or 1 hour if it's hotter than 90 °F outside). This includes the time foods were in your cart at the store.
- ← If you know you can't go straight home, bring a cooler bag with ice packs to store perishable items.
- ▶ Refrigerate or freeze perishable foods as soon as you get home so they don't get warm enough for bacteria to grow. Set your refrigerator temperature at 40 °F or below and your freezer temperature at 0 °F or below.
- ▶ Wash reusable grocery bags regularly. For tips, see the sidebar **Keep a Clean Routine for Reusable Totes**.

