

Contents

Introduction	1
A Trip to the Market: What's on Today's Shelves?	1
A Quick Guide to the Food Label	5
Ready, Set, Shop! Tips for Shopping on a Budget	9
The Bottom Line for Healthy Eating	10
Breads	12
Pasta, Rice, and Grains	13
Cereal and Cereal Bars	15
Crackers and Cookies	16
Packaged Snack Foods	17
Fruits: Fresh and Dried	19
Fruits: Canned, Frozen, Refrigerated, and Juices	21
Jellies, Fruit Spreads, and Syrups	22
Vegetables: Fresh and Frozen	23
Vegetables: Canned	26
Legumes (Peas, Lentils, and Beans) and Soy-Based Foods	27
Nuts, Nut Butters, and Seeds	29
Fish and Seafood	31
Poultry	34

Meats	36
Soups	38
Frozen and Packaged Entrées	39
Deli Products and Sausages	40
Eggs	42
Breakfast Foods (Packaged and Frozen)	43
Dairy Products	45
Vegetable Oils, Butter, Margarine, and Cooking Fats	48
Salad Dressings and Mayonnaise	51
Spices, Herbs, and Condiments	53
Desserts and Bakery	54
Beverages	57