

Healthy Eating Starts With Healthy Food Shopping

Shopping Tips

- Reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen.
- Read labels as you shop and pay attention to serving size and servings per container.
- Compare the total calories in similar products and choose products with the lowest calories.



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Shopping Tips

Shop for quick low-fat food items and a supply of lower calorie basics like the following:

- Fat free or lowfat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/egg substitute



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Shopping Tips

- Sandwich breads, bagels, pita bread, English muffins
- Soft corn tortillas, low fat flour tortillas
- Low fat, low sodium crackers
- Plain cereal, dry or cooked
- Rice, pasta



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Shopping Tips

- White meat chicken or turkey (remove skin)
- Fish and shellfish (no batter)
- Beef: round, sirloin, chuck arm, loin, and extra-lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas



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Shopping Tips

- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no-salt-added canned vegetables
- Low fat or nonfat salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa



Eating Healthy With Ethnic Foods

- Try different ethnic cuisines to give yourself a taste treat while counting calories and fat.
- Take note of the many ethnic cuisines that offer low fat, low calorie choices.



Eating Healthy With Ethnic Foods (continued)

Chinese

- Steamed
- Jum (poached)
- Kow (roasted)
- Shu (barbecued)
- Steamed rice
- Dishes with no MSG

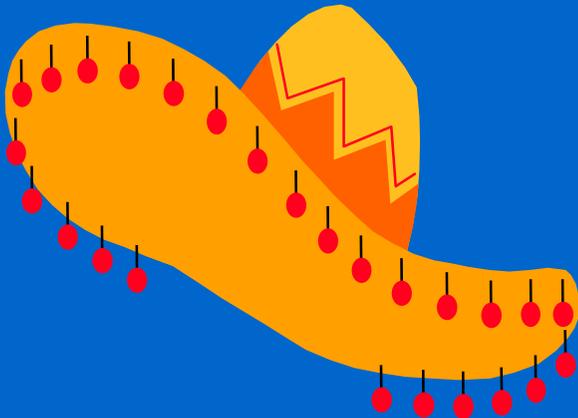
Italian

- Red sauces
- Primavera (no cream)
- Piccata (lemon)
- Sun-dried tomatoes
- Lightly sautéed
- Grilled



Eating Healthy With Ethnic Foods (continued)

Mexican



- Spicy chicken
- Rice and black beans
- Salsa or picante sauce
- Soft corn tortillas



Eating Healthy When Dining Out

- Whether or not you're trying to lose weight, you can eat healthy when dining out, if you know how.
- You can treat yourself to a dining experience that is both tasty and good for you.
- Two useful tips to follow are Ask! and Act!



Eating Healthy When Dining Out (continued)

Ask! Will the restaurant...

- Not serve butter, margarine, or olive oil with bread?
- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy, or sauces off a dish?
- Accommodate special requests?
- Use less cooking oil to prepare a dish?



Eating Healthy When Dining Out (continued)

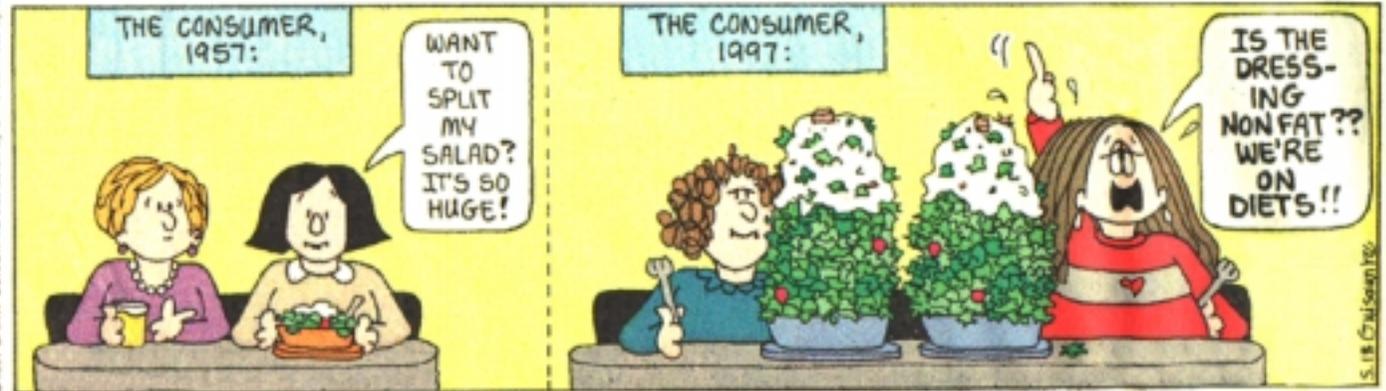
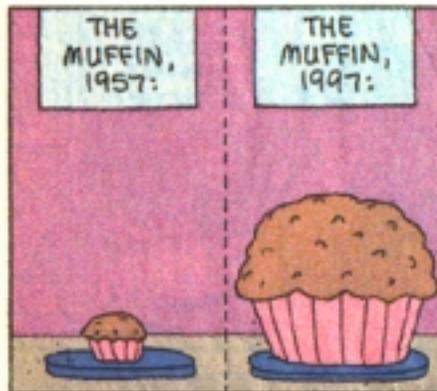
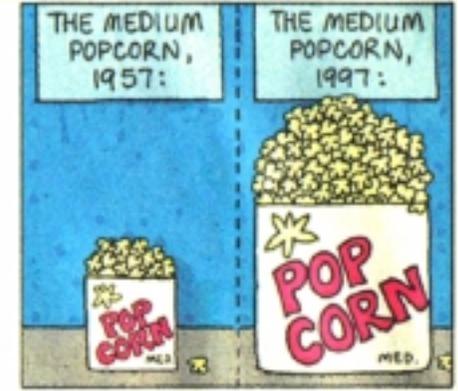
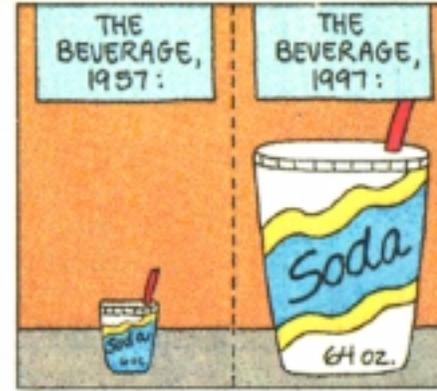
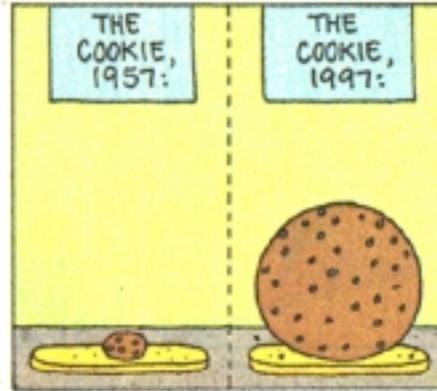
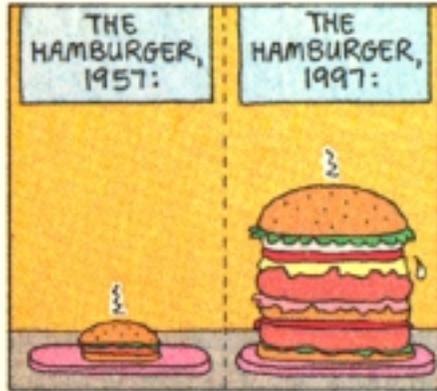
Act! Select foods that are...

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried.



CATHY

By Cathy Guisewite



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Shopping Tips

- Reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen.
- Read labels as you shop and pay attention to serving size and servings per container.
- Compare the total calories in similar products and choose products with the lowest calories.



Using a shopping list when you buy groceries can reduce the amount of time in the store. Also, an organized kitchen will reduce the amount of time it takes to prepare healthy foods.

The Nutrition Facts Food Label lists calories as well as fat in products. Compare the total calories and fat in similar products and choose the lowest. Also, pay attention to the serving size and number of servings per container. At any one time, it may be easy to consume double or triple the number of calories listed on the label by simply eating more than one serving.

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Shopping Tips

Shop for quick low-fat food items and a supply of lower calorie basics like the following:

- Fat free or lowfat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/egg substitute



A well-stocked kitchen will help you to quickly and easily prepare tasty low fat, low calorie dishes. Stock your kitchen with low fat food items such as:

- Fat free or lowfat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/egg substitutes

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Shopping Tips

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- Beef: round, sirloin, chuck arm, loin, and extra-lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas



- White-meat chicken or turkey (remove skin)
- Fish and shellfish (no batter)
- Beef: round, sirloin, chuck arm, loin, and extra-lean ground beef
- Pork: leg, shoulder, tenderloin
- Dry beans and peas

Healthy Eating Starts With Healthy Food Shopping

Shopping Tips

- Fresh, frozen, canned fruits in light syrup or juice
- Fresh, frozen, or no-salt-added canned vegetables
- Low fat or nonfat salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa



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Eating Healthy With Ethnic Foods

- Try different ethnic cuisines to give yourself a taste treat while counting calories and fat.
- Take note of the many ethnic cuisines that offer low fat, low calorie choices.



You don't have to worry about hindering weight loss when dining out especially at ethnic restaurants. Knowing what to order will make all the difference in choosing dishes lower in calories and fat. The following slides list terms you should look for when dining at Chinese, Italian, and Mexican restaurants.

Eating Healthy With Ethnic Foods (continued)

Chinese

- Steamed
- Jum (poached)
- Kow (roasted)
- Shu (barbecued)
- Steamed rice
- Dishes with no MSG

Italian

- Red sauces
- Primavera (no cream)
- Piccata (lemon)
- Sun-dried tomatoes
- Lightly sautéed
- Grilled



Learning about ethnic cuisines can help make your dining experience healthy and enjoyable. When ordering Chinese food, look for menu items that include these terms: steamed, jum (poached), kow (roasted), and shu (barbecued). Also order steamed rice and dishes without MSG.

When ordering Italian food, choose dishes with red sauces or light red or white wine sauce, primavera (without cream sauce), piccata (lemon), sun-dried tomatoes, and lightly sautéed and grilled entrees.

Eating Healthy With Ethnic Foods (continued)

Mexican



- Spicy chicken
- Rice and black beans
- Salsa or picante sauce
- Soft corn tortillas



When dining out for Mexican food, choose spicy chicken, rice and black beans, salsa or picante sauce, soft corn tortillas, and dishes that are grilled or marinated.

Eating Healthy When Dining Out

- Whether or not you're trying to lose weight, you can eat healthy when dining out, if you know how.
- You can treat yourself to a dining experience that is both tasty and good for you.
- Two useful tips to follow are Ask! and Act!



Trying to lose weight should not be perceived as a hindrance to eating out. You can still eat out and stick to a low-calorie, low-fat lifestyle. Two important things to remember are Ask! and Act! In most cases, the restaurant will respect your special requests.

Eating Healthy When Dining Out (continued)

Ask! Will the restaurant...

- Not serve butter, margarine, or olive oil with bread?
- Serve fat free (skim) milk rather than whole milk or cream?
- Trim visible fat from poultry or meat?
- Leave all butter, gravy, or sauces off a dish?
- Accommodate special requests?
- Use less cooking oil to prepare a dish?



These tips will help to save you unwanted calories and fat and make eating out a pleasurable experience. Don't hesitate to ASK if the kitchen will accommodate these simple requests.

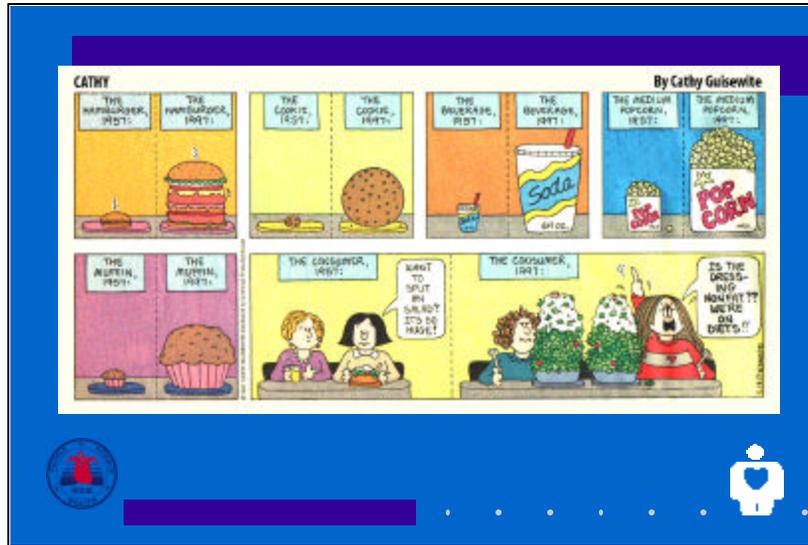
Eating Healthy When Dining Out (continued)

Act! Select foods that are...

- Steamed
- Garden fresh
- Broiled
- Baked
- Roasted
- Poached
- Lightly sautéed or stir-fried.



ACT selectively on the options provided to you. Look for menu items that are steamed, garden fresh, broiled, baked, roasted, poached, and lightly sautéed or stir-fried for healthier options that are lower in calories as well as fat.



This cartoon featuring Cathy pokes fun at a typical problem for health conscious consumers. Becoming familiar with serving sizes and making choices when eating out that accurately reflect the diet you wish to keep is just as important as understanding what to eat.