

# Appendix 15: Grocery Store Tour: Key Messages!

## Vegetables and Fruits: Fill Half Your Plate with Vegetables and Fruits

**Nutrients in Vegetables and Fruits: carbohydrates, fibre, B vitamins like folic acid, vitamin C and A, iron, magnesium and potassium**

### Key Messages:

- Have plenty of vegetables and fruits.
- Choose vegetables and fruits prepared with little or no added fat, sugar or salt.
- Choose vegetables and fruits instead of juice.
- Vegetable and fruit intake is associated with a lower risk of cardiovascular disease.



**Did you know?** *Vegetables and fruits are naturally low in fat and high in fibre. Avoid deep frying, pan frying, or adding lots of cream sauces, butter, margarine*

**Did you know?** *Vegetables and fruits have antioxidants in them that help protect your body from damage.*

### How to boost your vegetable and fruit intake:

- Choose fresh, frozen, canned and dried vegetables and fruit – they are all good for you!
- Try steaming, roasting, grilling, boiling or microwaving your vegetables.
- Eat a variety of vegetables and fruit. Different vegetables and fruit are high in different vitamins and minerals.
- Leave the peel on, when possible (most of the fibre is in the peel).
- Plant a garden and grow your own vegetables and fruits.

### How to select your vegetables and fruit:

#### *Fresh:*

- Choose vegetables and fruit that are in season - these will likely be the least expensive and have the most taste.
- Serve raw vegetables with a healthy dip such as hummus, or plain yogurt and onion soup mix.
- Pick berries from the land.



#### *Frozen:*

- Choose vegetables and fruit with no added sugar, salt or fat (read the food label).
- Add frozen vegetables to your stir fries, soups and casseroles.
- Throw frozen fruit or berries in your favorite healthy cereal, or in a homemade smoothie.

#### *Canned:*

- Choose canned fruit with a label that says “unsweetened”, “packed in its own juice” or “no sugar added”. Read the ingredient list to confirm that no sugar has been added.
- Choose canned vegetables with no, or less salt added.
- Rinse your canned vegetables under cold water to remove any excess salt.

## Whole Grain Foods: Fill ¼ of Your Plate with Whole Grain Foods

**Nutrients in Whole Grains: carbohydrates, fibre, protein, B vitamins like niacin & folic acid, iron, zinc and magnesium**

### Key Messages:

- Make at least half of your grain products whole grain each day!
- Choose grain products that are lower in fat, sugar and salt.
- Whole grains are high in fibre.
- Whole grain intake is associated with a lower risk of cardiovascular disease, colon cancer, and type 2 diabetes.



**Did you know?** *Canadians need about 25-35 grams of fibre every day. This is even higher if you have diabetes. Fibre has many health benefits like helping you feel full for longer, which helps with weight control. Fibre also helps improve digestion and regularity, helps to reduce cholesterol levels and control blood sugar levels.*

### How to boost your whole grain intake:

- Look for higher fibre foods by checking the ingredient list for the words: 'whole grain', 'whole wheat flour', '100% whole wheat', 'cracked wheat', or 'oatmeal'.
- Try using some whole wheat flour when making bannock.
- Try adding a little high fibre cereal to your favourite cereal (example: sprinkle some All Bran onto your regular cereal).
- Avoid products made with 'enriched wheat flour', or 'white flour'.
- Eat less donuts, cakes, and muffins (they are high in fat and sugar, and low in fibre).
- Avoid instant noodles as these are deep fried before packaging and high in salt.

### How to select your whole grains:

#### *Bread/Buns:*

- Choose breads that have at least 2-3 grams of fibre per serving (usually 2 slices).
- Read the ingredient list- just because the bread is dark in color doesn't mean it is high in fibre. Some breads have caramel color added, which gives the bread a darker brown color.
- Store bread in the fridge or freezer so it lasts longer.

#### *Cereals:*

- Choose cereals with at least 4 grams of fibre per serving.
- Choose cereals with less than 8 grams of sugar per serving.

#### *Pasta/Rice:*

- Choose whole wheat pasta more often.
- Choose brown rice or wild rice more often than white rice.



#### *Crackers:*

- Choose crackers with as little fat and salt as possible.
- Examples of some lower fat crackers: rice cakes, bread sticks, 'Melba' toast, soda crackers and stone wheat crackers.

**Did you know?** *If a cracker is greasy to the touch, it's probably high in fat. Read the food label and choose a cracker that has less than 3 grams of fat per serving.*

## Protein Foods: Fill ¼ of Your Plate with Protein Foods

**Nutrients in Protein Foods: calcium, iron, protein, fibre, vitamin A, vitamin D, B vitamins, folic acid, fat, carbohydrates, potassium, zinc and magnesium**

### Key Messages:

- Among protein foods, consume plant-based more often.
- Eating nuts is associated with decreased cholesterol.
- Eating soy protein is associated with decreased cholesterol.
- Replace saturated fat foods with unsaturated fat foods.



**Plant-based protein foods include:** Pulses, nuts, seeds, seed and nut butters, tofu and fortified soy beverage.

**Did you know?** *Pulses are the dried edible seeds found in plants of the legume family and include lentils, chickpeas, dried peas and dried beans (kidney, black, navy, white).*

### How to boost your plant-based protein foods intake:

- Add chickpeas to any green salad.
- Add pureed lentils to your spaghetti sauce.
- Mix black beans into your salsa for a high fibre dip.
- Add a handful of black beans to your homemade pizza.
- Include white beans in your favorite omelette.
- Add any cooked pulses to your broth-style soup.
- Include a handful of chopped nuts with your oatmeal.
- Replace the meat in your stir fry with a firm tofu.
- Try a new black bean burger recipe.



### Did you know?

*Pulses are an excellent source of fibre. Most of us do not get enough fibre in our diet. Remember to drink more water when you increase your fibre intake.*

### How to select your plant-based protein foods:

- Choose dried pulses to soak and cook at home.
- Choose canned pulses that have “no added salt” or are “low sodium”. Rinse the canned pulses to remove some of the salt.
- Choose unsalted nuts and seeds.
- Choose “natural” or no added fat, sugar or salt nut butters (peanut butter, almond butter).
- Watch your portion size of nuts, seeds, and nut butters because they are high in fat – a small amount is good for the heart.

### How to select your animal-based protein foods:

- Choose foods that are lower in saturated fat, such as lean red meat including wild game, lower fat milk (2% MF or less), lower fat, plain yogurt (2% MF or less), cottage cheese and lower fat cheeses (20% MF or less).
- Traditional foods such as wild meats, fish, ducks and geese are healthy and have been shown to improve diet quality.
- Choose fresh eggs.
- Choose fresh, frozen (plain) or canned fish (packed in water).
- Limit processed meats such as sausages, ham, corned beef, canned meats, lunch meats such as bologna, Spam, Klik, bacon, wieners and chicken nuggets.

**Did you know?** *If you are lactose intolerant, try lactose-free milk, or a fortified soy beverage instead. Yogurt and cheese have less lactose in them and are often better tolerated.*

## Water Should Be the Beverage of Choice.



### Key Messages:

- Water should be the beverage of choice to support health and promote hydration without adding calories to the diet.
- Young children and older adults are at most risk of becoming dehydrated.

**Did you know?** *How much water you need depends on numerous factors including your age, activity level and gender.*

## Foods and Beverages that Undermine Healthy Eating

### Key Messages:

- Limit highly processed foods and beverages that are high in sodium, sugar, and/or saturated fat. Eating too many of these foods can increase the risk of chronic diseases like heart disease, certain types of cancer and can affect your mental health.
- Some examples of highly processed foods are cookies, chips, instant noodles, packaged macaroni and cheese, pop and candy.
- Excess alcohol consumption has been linked to many types of cancer, high blood pressure, liver disease. Alcohol is also discouraged as it provides no nutrition.



## Importance of Food Skills

### Key Messages:

- Food skills are important to help make informed food choices and to support healthy eating.
- Food skills include knowing how to: plan a menu, plan a grocery list, read and understanding food labels, be aware of food marketing, prepare meals, adjust recipes, store food, best use leftovers, grow, hunt and fish.
- Cooking and food preparation using nutritious foods should be promoted at all ages as a practical way to support healthy eating.
- Food skills can help support mindful eating which includes taking the time to eat, paying attention to feelings of hunger and fullness and avoiding distractions when eating.

**Did you know?** *Food skills can be taught, learned, and shared wherever you are – at home, at school, in community centres, in the garden, or on the land.*

## Celebrate Traditional Food Practices

### Key Messages:

- Celebrate your traditional food practices, which can keep food traditions alive by sharing them across generations and with others.
- Some ways of celebrating your traditional food is by sharing those foods with others, either in your home or at community events.
- Share your knowledge and skills around gathering and preparing traditional foods with others.

