

Appendix 16: Grocery Store Tour Leader Guide



Information adapted from the Heart and Stroke Foundation *HeartSmart Grocery Shopping Tour Guide*.

The outline for this Grocery Store Tour Guide is based on
Eat well. Live well. Canada's Food Guide



How to Hold a Grocery Store Tour in My Community

Who?

- Who will be your target audience?
 - Men, women, elders, youth, children
- Decide how many people you want to come.
 - Small groups often work better (eg. 6 – 8 people).

What?

- Choose a topic!
- Make sure it is relevant to your participants' needs.
 - Young parents – may want to do a tour on 'healthy eating on a budget' or 'healthy foods for children'
 - Prenatal women – focus on key nutrients in pregnancy
 - People living with diabetes – Look at food labels for sugars, fibre, sodium, & fat.

Where?

- Local store in your community. Contact store manager for permission.

When?

- Choose a date and time.
- Make it a time when the store is not too busy.
- Make it a convenient time for participants.

How?

Before the day:

- Advertise by putting up posters at the band office, health centre, schools, stores, etc., and make local radio or TV announcements if possible, or post it on social media. Have people sign-up for the tour.
- Ask store manager for samples of healthy foods for participants to taste, coupons or gift certificates.
- Verify the date and time with the store manager.
- Plan your topic, plan activities that participants can do at the store, prepare handouts and an evaluation.

On the day:

- Go early to familiarize yourself with the store layout.
- Set up a table for your starting point if possible – include sign-in sheet, coupons if available, handouts, pens, etc.
- Conduct your tour.
 - ***Plan your script.*** Decide what aisles you will visit, foods you will compare, and facts you will share.
 - ***Stick to facts.*** During the tour, focus on product attributes instead of brands you may prefer. Provide accurate, objective information so that consumers can make their own choices.
- Have participants fill out an evaluation before they leave.

After the tour:

- Thank the store manager for allowing you to conduct the grocery store tour in the store.
- Follow up with any requests or questions from participants.
- Depending on the evaluations, consider offering another grocery store tour in the future.

Introduction

“Hello everyone, my name is _____. Today I am going to help you learn what to look for when you are at the store to do your grocery shopping. We will learn about reading

food labels and choosing healthy foods for you and your families. If you have any questions along the way please feel free to ask. Let's get started!"

Eat well. Live well. Canada's Food Guide

Some points to remember about Canada's Food Guide while shopping are:

- Nutritious foods are the foundation of healthy eating.
- Vegetables, fruit, whole grains, and protein foods should be consumed regularly.
- Among protein foods, consume plant-based more often.
- Foods that contain mostly unsaturated fat should replace foods that contain mostly saturated fat.
- Water should be the beverage of choice.
- Nutritious foods to consume regularly can be fresh, frozen, canned or dried.
- Nutritious foods can reflect cultural preferences and food traditions.
- Eating with others can bring enjoyment to healthy eating and can foster connections between generations and cultures.
- Traditional food improves diet quality among Indigenous Peoples.
- Food choices can have an impact on the environment.
- Sugary foods and drinks should not be consumed regularly.
- Sugar substitutes do not need to be consumed to reduce the intake of free sugars.
- Cooking and food preparation using nutritious foods should be promoted as a practical way to support healthy eating.
- Food labels should be promoted as a tool to help Canadians make informed food choices.
- Food skills, including cooking skills, knowing how to make a meal plan and knowing how to grocery shop are important life skills.
- Cultural food practices should be celebrated.
- Food skills should be considered within the social, cultural, and historical context of Indigenous Peoples.



Food Labels

Food labels provide information you can use to make informed choices about foods and drinks at the grocery store and at home. Food labels can help you:

- Compare and choose products more easily
- Know what ingredients a food product contains
- Choose products with a little or a lot of the nutrients that are of interest to you

How to Use Food Labels

Different types of information may be available on food packages. This information can help you make informed choices about healthy foods.

Nutrition Facts Table

The Nutrition Facts table provides information on serving size, calories, certain nutrients and % Daily Value (% DV) on core nutrients in a defined serving of food. The % DV can be used as a guide to show you if the prepackaged food has ‘a little’ or ‘a lot’ of a nutrient.

- 5% DV or less is ‘a little’
- 15% DV or more is ‘a lot’

Using the Nutrition Facts Table: % Daily Value

How to CHOOSE


The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food ———→
 Nutrition Facts are based on a specific amount of food. Compare this to the amount you actually eat.

2 READ the % DV ———→
 The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE** } This applies to
 15% DV or more is a **LOT** } all nutrients.



Yogurt

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 17 %	Iron 0 %

Ingredient List

Ingredients are listed in order of weight, beginning with the ingredient that weighs the most and ends with the ingredient that weighs the least. This helps Canadians identify if a food contains more of the ingredient (if it is found at the beginning of the list) and less of the ingredient (if it is

found at the end of the list). It can also be particularly helpful when trying to avoid certain ingredients (such as allergens).

Nutrition Claims

Nutrition claims includes nutrient content claims and health claims. All foods with a claim must meet certain criteria but some foods may not have a claim even though they meet the criteria.

Changes to Food Labels

Health Canada has recently introduced food labelling changes to help Canadians understand food labels. The food industry has until 2022 to meet the new regulations. These changes will make it easier to:

- Know what is in your food
- Make healthier food choices

ORIGINAL

Nutrition Facts Valeur nutritive	
Per 250 mL / par 250 mL	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 26 g	9 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	120 %
Calcium / Calcium	2 %
Iron / Fer	0 %

NEW

Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
	% Daily Value* % valeur quotidienne*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %
* 5% or less is a little, 15% or more is a lot * 5% ou moins c'est peu, 15% ou plus c'est beaucoup	

← New % Daily Value for total sugars

← New footnote to help interpret the % Daily Value

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



Vegetables & Fruit

Fill ½ Your Plate with Vegetables and Fruits

Key Messages

- Have plenty of vegetables and fruit.
- Vegetables and fruit have lots of fibre which helps control blood sugar levels and helps to lower cholesterol levels.
- Eating a diet high in vegetables and fruit reduces your risk of heart disease and of some types of cancer.
- Vegetables (except for potatoes and corn) have very little sugars or carbohydrates. People with diabetes can eat large amounts of vegetables without affecting their blood sugar levels.
- Choose vegetables and fruit prepared with little or no added fat, sugar or salt.
- Choose vegetables and fruit instead of juice.

- Avoid deep frying, pan frying, or adding lots of cream sauces, butter, margarine or oil to your vegetables.

Fresh Vegetables and Fruit



- Fill your cart with a variety of colours of vegetables and fruit. This will ensure that you get a variety of vitamins, minerals, and antioxidants that will help you stay healthy.
- Choose vegetables and fruit that are in season. These will likely be the least expensive, taste the best and have the most nutrients.
- Most of the fibre is found in the seeds and peel of vegetables and fruit. When possible, leave the peel on your vegetables and fruit. Apples, pears and kiwi peels are edible!
- Cooked vegetables such as carrots, potatoes and sweet potatoes taste delicious with the peel on. Make sure to wash them well before cooking.
- Choose a large variety of vegetables including:
 - Carrots, lettuce, asparagus, kale, spinach, Brussel sprouts, rutabaga, turnips, sweet potatoes, peas, zucchini, broccoli, cauliflower, cabbage, onions, mushrooms, squash, turnips, celery, parsnips, peppers, corn, potatoes and beans.
- Many vegetables can be eaten raw, with or without a dip. Choose a healthy dip such as hummus, or a dip made with plain Greek yogurt for extra protein.
- Most vegetables can be cooked a variety of different ways including steamed, roasted, stir fried, barbequed, boiled or microwaved.
- Choose a large variety of fruit including:
 - Tomatoes, cucumbers, avocados, berries, bananas, apples, oranges, kiwis, pears, plums, peaches, melons, water melon, grapes, grapefruit and pineapple.
- Fruits can be eaten raw, frozen, or cooked.
 - *Peel your brown bananas and put them in a freezer bag and freeze. They can be used later in different recipes such as for muffins, breads or to make healthy 'ice cream' (see recipe below).*



**Recipe:
Chocolate 'ice
cream'**

Add to a food processor, or blender the following ingredients:

- 1 frozen banana
- ½ cup canned coconut milk
- 1 Tablespoon cocoa powder

Mix until well processed. Serve immediately.

Frozen Vegetables and Fruit

- Frozen vegetables and fruit are just as nutritious as fresh ones.
- Choose frozen vegetables with no added salt or fat.
 - *Read the ingredient list.*
- Add frozen vegetables to your stir fries, soups and casseroles. This will add a lot of nutrients to your diet and choosing frozen vegetables instead of fresh ones means that you do not need to wash or cut them prior to using them, which will save you time.
- Avoid buying frozen vegetables with added cheese and butter sauce.
- Choose frozen fruit with no added sugar.
 - *Read the ingredient list.*
- Throw frozen fruit or berries in your favorite healthy cereal, or in a homemade smoothie.



Activity!

Have participants choose packages of frozen vegetables.

Look at the Nutrition Facts table and compare the saturated fat and sodium content of:

- A package of frozen vegetables (plain)
- A package of frozen vegetables with an added sauce

Canned Vegetables and Fruit

- Canned vegetables and fruit can be part of a healthy diet.
- Choose canned vegetables with no, or less salt added.
- Rinse your canned vegetables under cold water to remove any excess salt.
 - *Show where to find sodium (salt) on the Nutrition Facts table.*
- 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.
- Canned fruit packed in syrup, or light syrup, means that sugar has been added to the canned fruit.



Activity!

Have participants choose a canned fruit that they have bought before.

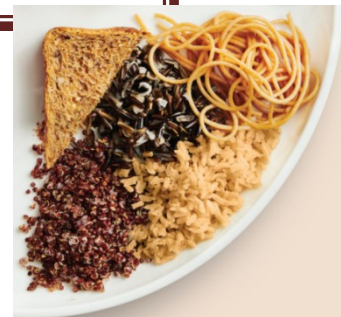
Look at the Nutrition Facts table and compare the sugar content of:

- Canned fruit that is packed in water.
- Canned fruit packed in juice.
- Canned fruit packed in syrup.

Vegetable and Fruit Juices

- Choose whole vegetables and fruit instead of juices. Choosing the whole vegetables and fruit will provide you with fibre and has less sugar than the juice.
- Vegetables juices can be part of a healthy diet, but store-bought vegetable juices are high in sodium.
- People with high blood pressure, or diabetes should limit how much vegetable juice they consume.

Nutrients in Whole Grain Foods: carbohydrates, fibre, protein, B vitamins like niacin & folic acid, iron, magnesium and zinc.



Activity!

Have participants choose a vegetable juice.

Read the Nutrition Facts table.

- What is the %DM for sodium?

Read the ingredient list.

- What ingredients are in the vegetable juice that are not vegetables?

Consider making your own vegetable juice at home using vegetables from your garden and limiting how much, if any, salt is added to the juice.

Whole Grain Foods

Fill $\frac{1}{4}$ of Your Plate with Whole Grain Foods



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.

Fibre

- Fibre is found in plant foods such as vegetables, fruit, legumes, and grains. It is also found in whole wheat/whole grain products and cereals.
- Adults should get 25 – 35 grams of fibre daily and more if they have diabetes.
- There are two different types of fibre: soluble fibre and insoluble fibre.
 - *Soluble – helps control blood sugars and lower blood cholesterol. It is found in oats, peas, beans, apples, psyllium, barley and legumes.*
 - *Insoluble – helps to prevent and control bowel problems and promotes regularity. It is found in wheat bran cereals, brown rice, whole wheat bread, beans and vegetables.*
- High fibre foods keep you full longer and therefore help with maintaining or losing weight.
- To get the greatest health benefit, eat a large variety of high-fibre foods.
- As you increase your fibre intake you also need to increase your water intake.

Breads, Buns, & Bannock

- 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’. These should be the first ingredients listed.
- Limit products made with ‘enriched wheat flour’, ‘wheat flour’ or ‘white flour’ as they are less nutritious than whole grain products.



- Read the Nutrition Facts table and choose breads that have at least 2-3 grams of fibre per serving (usually 2 slices).
- Brown bread is not the same as whole grain bread. Some companies will add molasses, caramel or other colouring to give bread a brown colour.
- Try using some whole wheat flour when making bannock.
- Store bread in the fridge or freezer so it lasts longer.

Activity!

Have participants choose different breads from the shelf.

Compare the type of flour on the ingredient list and the amount of fibre on the Nutrition Facts table.

Cereal

- Choose cereals high in fibre.
 - ***A high fibre cereal has at least 4 grams of fibre per serving on the Nutrition Facts table.***
- Try adding a little high fibre cereal (such as bran buds, or All Bran) to your favourite cereal.
- Choose cereals with fewer ingredients on the ingredients list.
- Choose cereals that are low in sugar.
 - ***A low sugar cereal has less than 8 grams of sugar per serving on the Nutrition Facts table.***
 - ***Remember that the number of grams of sugar divided by 4 will tell you the teaspoons of sugar in one serving! (32 g ÷ 4 = 8 teaspoons!)***

**Activity!**

Have participants pick out two cereals that they often buy.

By looking at the Nutrition Facts table, compare the sugar (less than 8 g) and fibre (more than 4 g) of the different cereals.

Pasta & Rice

- Look for whole wheat or whole grain pasta.
- Avoid highly processed and pre-packaged pastas that are high in sodium.
- Brown rice or wild rice are better choices compared to white rice when buying rice because they are higher in fibre.
- Avoid instant rice, as all nutrients have been removed during the processing.
- Avoid instant noodles as they are deep fried in saturated fat and are high in salt with little to no nutrients.

**Activity!**

Have participants pick up a package of instant noodles.

How much % DV of saturated fat and sodium does the package contain?

The average package of instant noodles contains 35% DV of saturated fat and 40-85% DV of sodium.

Crackers & Muffins

- Crackers are often high in fat and sodium.
- Choose crackers with as little sodium as possible.
- Choose crackers with no trans fats and less saturated fats.
- Choose lower fat crackers such as: rice cakes, bread sticks, Melba toast, soda crackers, and stone wheat crackers.
- Avoid store-bought muffins, as they tend to be high in saturated fat and sugar, low in fibre and too large of portions.
- Buy high fibre ingredients that can be added to homemade muffins such as whole wheat flour, wheat germ, oat bran, dried fruit, flax and nuts.



Activity!

Have participants pick up a box of crackers.

How much % DV of saturated fat and sodium does the package contain?

If a cracker is greasy to the touch, it is probably high in fat. Read the Nutrition Facts table and choose a cracker that has less than 3 grams of fat per serving.

Protein Foods

Fill ¼ of Your Plate with Protein Foods

Key Messages

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

- Among protein foods, consume plant-based more often.
- Replace saturated fat foods with unsaturated fat foods.
- Protein helps build and maintain strong muscles, bones, and strengthens your immune system.



Pulses

- Pulses are among plant-based protein foods.
- 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).
- Pulses are a super food because they are very high in fibre and protein.
- Choose dried pulses to soak and cook at home.
- Pulses can be soaked overnight in the refrigerator, by microwaving them in water for 10-15 minutes, or by boiling them for 2 minutes.
- Choose canned pulses that have “no added salt” or are “low sodium”. Rinse the canned pulses to remove some of the salt.
- Pulses can be used in many recipes instead of using meat to help lower the saturated fat of the recipe and increase the fibre. (For example: black beans on pizza instead of pepperoni or lentils in spaghetti sauce instead of ground beef.)



Recipe: Hummus!

Can't find a good hummus in the store? Make your own at home! Add to a food processor, or blender the following ingredients:

- 2 cans of chickpeas, rinsed
- 1 large garlic clove, sliced
- 1/3 cup tahini, or plain peanut butter
- 1/4 cup lemon juice (or juice from 1 lemon)
- 1 teaspoon of salt
- 4-6 Tablespoons of water (adjust the quantities as needed)

Mix until well processed. Serve immediately with fresh vegetables. It will keep in the fridge for up to one week.

Activity!

Have participants pick up a can of black beans or navy beans.

How much % DV of fibre is there per serving?

Would you say beans are high, or low in fibre?

Nuts & Seeds

- Nuts and seeds are among plant-based protein foods.
- Choose unsalted nuts and seeds.
- Choose “natural” or no added fat, sugar or salt nut butters (peanut butter, almond butter, cashew butter, etc.).
- Natural peanut butter is much lower in sugar and saturated and trans fats than regular peanut butter.
 - *Natural peanut butter will come with oil on top – do not drain off the oil. Place un-opened natural peanut butter in a cupboard upside down for a few days and then mix the remaining oil into the peanut butter.*
 - *Refrigerate it after stirring it to prevent the oil from separating out again.*
- Watch your portion size of nuts, seeds, and nut butters because they are high in fat. A small amount is good for the heart, but too much can lead to weight gain.



Activity!

Have participants pick up a regular peanut butter and a natural peanut butter.

Compare the ingredients list on both products. How many ingredients are in the natural peanut butter? How many are in the regular peanut butter?

Soy Protein

- Soy protein is among plant-based protein foods.
- The intake of soy protein has been associated with a decrease in cholesterol and lowers your risk of heart disease.
- At the grocery store some of the soy protein foods and beverages that you can find are fortified soy beverages and tofu.

**Unsweetened Fortified Soy Beverages**

- Unsweetened fortified soy beverages are a nutritionally adequate alternative to milk.
- Read the nutrition labels to make sure that the soy beverage is fortified.
- Those fortified should have calcium, vitamin D, vitamin A, vitamin B12, riboflavin and zinc added.
- Choose fortified soy beverages that have no sugar added.
- Unsweetened fortified soy beverages can be a good alternative for people with milk protein allergies, those who are sensitive to milk, or those who choose not to consume milk.
- If you have a milk allergy, read the ingredient list to make sure that it does not have milk or milk proteins.

Activity!

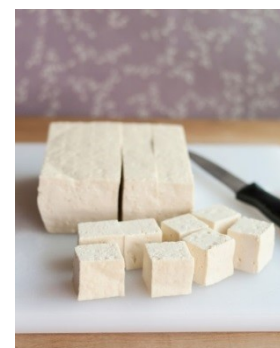
Have participants pick up a soy beverage.

*Is it fortified with calcium, vitamin D, A, B12, riboflavin and zinc?
Has sugar been added to the product?*

Read the Nutrition Facts table and the ingredient list to find out!

Tofu

- Tofu is made from fresh or dried soybeans.
- It is a low cost, versatile, protein-rich food that is typically easy to find in grocery stores.
- Tofu can be purchased as
 - soft or silken tofu
 - firm tofu
 - extra firm tofu
- Tofu has very little taste. It absorbs the flavors or spices you add to it, which makes it so versatile.
- In addition to protein, tofu also contains important nutrients such as calcium, iron, magnesium and zinc.
- Firm or extra firm tofu is an excellent source of calcium if it has been set with calcium sulphate.
- Gently rinse the tofu before using it. Then, slice it, dice it, grill it or crumble it. There are many ways to use tofu. Look online for delicious recipe ideas.

**Activity!**

Have participants pick up two different firm or extra firm tofu packages.

Check the ingredients list for calcium sulphate, and read the Nutrition Facts table to see how much calcium is in the tofu.

Different brands may have different amounts of calcium.

Animal-Based Foods

While Canada's Food Guide emphasizes more plant-based foods, animal-based foods are nutritious and can be part of a healthy diet. Here are some tips on how to select healthier animal-based food options.

Dairy Products

Milk

- Milk Fat or % M.F. tells you how much fat is in a dairy product.
- Choose lower fat milks, such as skim milk, 1% or 2% milk.
- Milk has nine essential nutrients including calcium, vitamin D, vitamin A, vitamin B12, protein, riboflavin, phosphorus, niacin and pantothenic acid.
- Lactaid milk is just as healthy as regular milk, but has the enzyme 'lactase' added to it to remove some of the lactose and make it easier for lactose intolerant individuals to digest.
- Buttermilk is similar to 1% milk in fat, but it is higher in sodium.
 - *Buttermilk is great to use in many lower-fat recipes.*
- Evaporated milk also contains sodium, and it is better to choose lower fat varieties.
- Evaporated milk still has vitamin A and vitamin D like regular milk.
 - *Rehydrate evaporated milk by adding an equal amount of water.*
- Powdered milk is also a good source of calcium
- Powdered milk can be a great alternative to fluid milk in remote and isolated communities where the cost of milk is very high.
 - *Powdered milk can be added to many recipes such as casseroles, cream soups, or mashed potatoes to increase the nutrient content!*
- Avoid sweetened condensed milk, cream and whipped cream because they are very high in saturated fat and/or sugar and they contain little calcium.



Yogurt

- Choose lower fat yogurts such as those that are 0% M.F, 1% M.F., or 2% M.F.
- Yogurt is a good source of calcium.
 - ***Choose yogurts with 18% DV of calcium.***
- Certain brands of yogurt have vitamin D added to it.
 - ***Check the Nutrition Facts table to see if there is any vitamin D added to your yogurt.***
- Many yogurts are high in sugar.
 - ***Read the Nutrition Facts table to see how much sugar is in your yogurt.***
- Choose a plain yogurt and flavour it with natural fruit such as sliced banana, or frozen berries.
 - ***Use plain yogurt in your smoothies instead of flavoured yogurt.***
 - ***Use plain yogurt to replace sour cream, which is high in saturated fat and low in calcium. Plain yogurt can be topped on your baked potato, or on your taco salad.***
 - ***Plain yogurt has natural sugar in it. However the amount of total sugar will be much lower compared to a fruit flavoured yogurt.***
- Greek yogurts are an excellent source of protein. However, they are more expensive than regular yogurts.
- Probiotic bacteria found in some yogurts promote a healthy digestive tract by producing acid, which makes the colon less attractive to bad bacteria that make people sick.

**Activity!**

Have participants pick out a sweetened yogurt and a plain yogurt.

How much sugar is in one serving of each yogurt?

Would you eat the plain yogurt?

Which is a better choice for you?

Cheese

- Cheese is not as high in calcium as milk, and is high in saturated fat.
- Choose cheeses lower in fat and sodium.
- Block cheese should have less than 20% M.F.

**Activity!**

Have participants pick out brands of cheese that they buy.

Look for the % M.F. on the front of the label.

- Cottage cheese is high in nutrients including B vitamins and protein and it is low in fat. However, cottage cheese tends to be high in sodium.
- Buy the brand with the least amount of sodium.
- Rinse your cottage cheese in a colander to remove some of the sodium.
- Avoid cream cheese, processed cheese such as cheese slices, because they are high in saturated fat, are highly processed and contain little calcium.

Recipe:
Berry cottage
cheese “ice
cream”

Try this delicious, yet healthy dessert.

Add to a food processor, or blender the following ingredients:

- 2/3 cups of cottage cheese
- 1 cup of frozen berries

Mix until well processed. Serve immediately.



Eggs

- Eggs are one of the best sources of protein, as our bodies absorb and use the high quality egg protein very well.
- Eggs are easy to find in the store, easy to cook with, versatile and are a lower cost protein food.
- People with high cholesterol should limit the egg yolks they eat to two per week.
 - *They can eat as many egg whites as they want since there is no cholesterol in the egg white.*
- Omega-3 Eggs have similar amounts of fat to regular eggs but have healthier fats known as omega-3.
 - *These can be eaten regularly by people with high cholesterol, because omega-3 fats are good for cholesterol levels.*



Fish & Shellfish



- The intake of traditional foods, including fish caught from the lake, has been shown to improve the quality of the diet and is linked to culture, identity, way of life and thus overall health.
- Salmon and trout are high in omega-3 fats that are good for the heart.
- Try to include omega-3 rich fish in your diet 2 times per week.
- Canned fish is a good alternative, but choose ones packed in water and with less salt.
- Plain frozen fish or shellfish are very healthy options.

**Recipe:
Salmon salad
sandwich**

Boost the nutrition in your sandwich with this recipe!

In a large bowl mix together:

- 1 can of salmon
- ¼ cup plain yogurt
- ½ cup frozen peas, thawed

Spread on whole wheat bread. Add lettuce and serve!

Meats

- Traditional meats and wild game are often naturally lower in fat than farm-raised meats.
- Choose poultry and lean red meat.
- Cut off excess fat from the meat prior to cooking it.
- Bake, broil, grill, and roast meats (rather than frying) to help remove more fat.
- Typically the less processed the food is, the least expensive it will be. A whole chicken costs less than boneless, skinless chicken.
 - *Roast an entire chicken and keep leftovers for lunch sandwiches, soups or casseroles.*
 - *Boil the leftover chicken bones in lightly seasoned water with vegetable scraps such as onions, carrots and celery for 24 hours to make a healthy soup broth.*
- Choose lean or extra lean ground beef when possible.
 - *Always cook the meat and drain off the excess fat.*



Type of Meat	Fat Content
Regular ground beef (100 g, cooked, undrained)	4 tsp
Lean ground beef (100 g, cooked, undrained)	3 tsp
Extra Lean ground beef (100 g, cooked, undrained)	2 tsp
Lean cut of beef or pork (100 g)	~ 1 tsp
Skinless chicken or turkey (100 g, white meat)	~ ½ tsp
Skinless chicken or turkey (100 g, dark meat)	~ 1 tsp

Processed Meat

- Limit processed and deli meats such as salami, bologna, wieners, sausages, loaves, and canned hams/corned beef because they are generally very high in saturated fats and sodium and have been linked to increased risk of colorectal cancer.
- Some pre-packaged deli meats are lower in fat and salt, but read the labels to find out.

Fats & Oils



Key Messages

- We need fat in our diet to keep us healthy.
- The type of fat consumed over time is more important for health than the total amount of fat consumed.
- Limit the intake of saturated fats in the diet and instead choose foods that contain mostly unsaturated fat.
 - *This will help decrease cholesterol levels.*
- This includes fat for cooking, salad dressings, margarine, and mayonnaise.
- People with high cholesterol should use soft margarines and vegetable oils rather than hard margarines, butter, or lard.

Unsaturated Fats

- Unsaturated fat is a healthy choice and should be chosen instead of saturated fat.
- Unsaturated fat is liquid at room temperature.
- Unsaturated fat includes monounsaturated fat and polyunsaturated fat.
 - *There are two types of polyunsaturated fat: omega-3 fatty acids and omega-6 fatty acids.*
- Examples are vegetable oil, canola oil, olive oil, and soft margarines.

- *All vegetable oils are cholesterol-free because cholesterol only comes from animal products.*

Activity!

*Show that unsaturated fats are not listed on food labels:
Total fat – saturated fat – trans fat = unsaturated fat!*

Monounsaturated	Polyunsaturated
Avocado	Fatty fish (salmon, trout), shellfish
Olive oil, Canola oil	Safflower, sunflower, corn and soybean oils
Some nut seeds (almonds, pecans)	Sesame and nut oils
Soft margarine made with these oils	Soft margarine made with these oils

Saturated Fats

- Saturated fat is solid at room temperature.
- Saturated fat is unhealthy and can raise blood cholesterol and increases your risk for cardiovascular disease.
- Saturated fat comes mostly from animal products such as cheese, cream, butter, lard and fatty meats.
- Saturated fat is also in tropical oils such as coconut oil, palm, and palm kernel oils.

Activity!

Show cookies and crackers made with tropical oils.
Compare the saturated fat content of these to those made with an unsaturated fat.

Trans Fats

- Trans fats raises blood cholesterol levels and should be avoided.

- Trans fats is a fat that has been changed by a process called hydrogenation. This process increases the shelf life of fat and makes the fat harder at room temperature. Foods that contained trans fats included store-bought crackers, baked goods, donuts and fried foods.
- Health Canada has banned artificial trans fat, making it illegal for manufacturers to add partially hydrogenated oils to foods sold in Canada. This ban is being phased in and as of September 2020 all artificially produced trans fat will be removed from the food supply.

Homemade Meals Vs. Highly Processed Foods

Homemade Meals

- Homemade meals are healthier and less expensive than highly processed and packaged foods.
 - *Promote cooking and food preparation using nutritious foods as a practical way to support healthy eating.*
- Cook more often and encourage other family members to cook with you.
 - *Eat meals with others.*

Highly Processed Foods

- Limit highly processed foods and drinks because they are not part of a healthy eating pattern.
- Highly processed foods and drinks add too much sugars, sodium and saturated fat to our diet and can increase your risk of chronic disease.
 - *Highly processed foods and drinks include: sugary drinks, chocolate and candies, ice cream and frozen desserts, fast foods like French fries and burgers, frozen entrees like pasta dishes and pizzas, bakery products like muffins, cookies and cakes and processed meats like sausages and deli meats.*
- Be aware of food marketing and recognize when a food is being marketed to you.

- *Most marketed foods and drinks are highly processed foods and drinks that contribute too much sodium, sugars, or saturated fat to our eating patterns.*

Sugary drinks & Confectioneries

- Kids who drink sugary beverages, including 100% fruit juice, are at risk of dental decay.
- Too much added sugars in the diet is linked with risks of weight gain and type 2 diabetes.
- Choose water as your choice of beverage.



Healthy Grocery Shopping Tips!

Use these tips to help you make healthier food choices when you are grocery shopping.

Be Prepared

- Make a meal plan and create your grocery list based on your meal plan.
- Remember to check to see what you already have at home. This will save you time and money and will help you buy only the foods you need.
- Do not shop on an empty stomach, or you may buy foods you do not need.

Fill Your Cart with Healthy Choices

- Aim to fill $\frac{1}{2}$ your cart with vegetables and fruits.
- Aim to fill $\frac{1}{4}$ of your cart with whole grain foods.
- Aim to fill $\frac{1}{4}$ of your cart with protein foods.
 - *Choose protein foods that come from plants more often.*



- Use grocery shopping as a chance to find new healthy foods.
- Choose affordable options when you are grocery shopping on a budget.

Assess Your Shopping Habits

- Keep track of where in the store you are spending time and the types of foods you put in your cart. Certain sections are full of foods high in saturated fat, sodium and sugar.
- Limit the amount of highly processed foods you buy. The more of these foods you have in your house, the more of them you will eat.
- Take time to look at the food labels, compare products and choose the healthier option.
- Notice if marketing is influencing your food choices while shopping. Examples of marketing in the grocery store include:
 - *Product placement*
 - *Colorful packaging*

Think of the Environment

- Use reusable shopping bags to help reduce the use of plastic bags, which are harmful to the environment.
- Choose products with less packaging. Buying foods in bulk will help reduce packaging.



Try Making an Impact at Your Grocery Store

- Get involved in making your local grocery store a healthier food environment.
- If you want a certain item and cannot find it, ask. Encourage the manager to stock healthier options.
- Give your grocery store feedback. Share ideas to replace checkout aisle snacks with healthy options.

- Encourage your store to consider activities that encourage healthy eating such as:
 - Cooking classes to practice making healthy meals
 - Cooking demos to showcase healthy, easy and delicious recipes
 - Tours with a dietitian to learn more about healthy food choices



References

Diabetes 101.

(n.d.). *How to Hold a*

Grocery Store Tour in My Community. First Nations and Inuit Health Branch.

Dietitians of Canada. (2013). *Best Food Forward: Plan Shop Cook Enjoy!* (Powerpoint Presentation). Dietitians of Canada Nutrition Month 2013.

Health Canada. (2019). *Canada's Food Guide*. Health Canada Publications.

Heart and Stroke Foundation of Manitoba. (n.d.). *HeartSmart Grocery Shopping Tour: Tour Leader Guide*. Heart and Stroke Foundation.