

Healthy Measures: Take the Supermarket Safari Tour

Did you know that most of what you really need to buy is located in the perimeter of the supermarket? Here you will find foods such as breads, fruits, vegetables, meats, milk products and eggs. Our supermarket safari tour will begin there and then travel to a few of the store's other aisles. The aisles are usually for snack foods, baking products, canned goods, cereals and grains. Go around the perimeter of the store first for the basics and then down the aisles for specific items.

- **Produce:** For the best nutrition, choose brightly coloured vegetables and fruit. They contain more antioxidant power and health-enhancing substances called phytochemicals.
- **Bakery:** Whole grain breads, buns, pitas and bagels contain more B-vitamins, fibre and iron than their white and enriched counterparts. Look for the words "*whole grain*" at the beginning of the list of ingredients. This is the only way to ensure that you are eating a whole grain product.
- **Fresh meat, fish and seafood:** Purchase leaner cuts of meat such as sirloin, inside round and pork tenderloin. Eat fish such as salmon, trout, arctic char, more often, as these contain heart healthy omega-3 fats.
- **Dairy:** Choose milk and yogurt that have 2%MF or less and hard cheeses with 20% MF or less. These milk products have less saturated fat than the regular versions and contain the same amount of bone-building nutrients.
- **Cereal and grains:** Purchase whole grain cereals, whole wheat pasta, crackers and brown or wild rice. Read the nutrition facts table on the label. Look for cereals with at least 4g of fibre per serving and products with no trans fat.
- **Frozen foods:** Frozen foods can be handy if you are busy and do not have time to prepare a meal, but they tend to be high in fat, sodium and other preservatives. Look for frozen foods without sauces and added ingredients. Check the Nutrition Facts Table and choose products with a lower percent Daily Value (% DV) for fat and sodium.
- **Canned goods:** Canned goods can also be handy if you are on the run. Be aware of the salt added to canned vegetables and opt for lower sodium versions. Choose fruit 'packed in its own juice' or with 'no sugar added'.

For more information:

[Dietitians of Canada – Virtual Grocery Store tour](#)

[Healthy Eating is in Store – Nutrition Labelling Education Centre](#)

If you have questions on nutrition and healthy eating, contact *EatRight Ontario* at 1-877-510-5102 to speak to a registered dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!