

Healthy Cooking and Shopping Tips

- Bake, Broil, Grill, Boil, Roast, Steam, Poach, or Stir Fry *instead of* Frying.
- Don't shop when you are hungry! It is very easy to buy more than you really need when you go to the store with a rumbly tummy.
- Make a grocery list before you go to the store-and stick to your list!
- Stock up on fresh fruits and veggies, whole grains, and low fat dairy foods.
- Shop the outsides of the grocery store. Fresh fruits, veggies, dairy, bread, and meats are all located around the store. By choosing more items here, and spending less time in the aisles, you will be bringing home the freshest and healthiest foods for your family.
- Make healthier choices at the grocery store:

Limit These Foods:	Choose These Foods:
Beef Cuts: ribs, porterhouse, T-bone, regular hamburger	Beef Cuts: round, loin, ground sirloin, chuck, extra lean hamburger
Pork: Ribs, bacon, sausage, organ meats	Pork: loin, tenderloin, leg, veal, Canadian bacon
Chicken or turkey with skin, drumsticks, fried chicken or turkey	Skinless chicken and turkey breast, ground chicken or turkey breast, turkey bacon
Fried fish, shrimp, tuna packed in oil	Baked or broiled fish, steamed shellfish, tuna packed in water
Hot dogs, salami, bologna, regular lunch meat, Lunchables®, regular frozen dinners	Roast turkey or chicken breast, lean roast beef, low sodium/lean lunch meat, low fat/low sodium frozen dinners, veggie burgers
Whole eggs, egg yolks	Egg whites, egg substitutes (ex. Egg Beaters®)
Pork and beans, baked beans, refried beans	Chick peas, lima beans, kidney beans, split peas, pinto beans, vegetarian baked beans
Whole milk, regular cream, ice cream, ice cream bars, regular cheeses, sour cream, cream cheese	Skim milk, 1% milk, 2% milk, buttermilk, ½ and ½, nonfat dry milk, fat free ice cream, frozen yogurt, light yogurt, reduced fat or fat free cheeses, light sour cream, light cream cheese
Butter, palm oil, coconut oil, peanut butter, regular salad dressings, regular mayonnaise, lard, bacon fat, solid shortening (ex Crisco®)	Tub margarine, olive oil, canola oil, safflower oil, natural peanut butter, light or fat free salad dressings, light or fat free mayonnaise
Croissants, popovers, muffins, biscuits, sugary cereals, pop tarts, potato chips, buttered popcorn, granola, nabs	Whole grain or wheat breads, crackers, pastas, and cereals, rice, low fat muffins, pretzels, baked chips, plain popcorn, graham crackers
Coconuts, avocados, olives, fruit canned in syrup, vegetables in sauce, fried vegetables, French fries	All fresh fruits and veggies, fruit canned in 100% juice, raisins, 100% juice bars, sorbet, baked potatoes
Cakes, pastries, pies, doughnuts, cookies, candy bars	Angel food cake, gelatin, pudding made with low fat milk, animal crackers, gingersnaps
Soda, fruit juice, sugary drinks, sports drinks, sweetened tea	Water, flavored water, unsweetened tea, Crystal Light®, sugar free drinks



This handout was created by the Riverside Regional Medical Center Dietitians.
Please call **757-594-2000** if you have any questions.