



# Healthy Grocery Shopping Tips

## Eggs & Egg Whites

Preferably Omega-3 eggs

## Red Meats

Buy extra-lean only

Request butcher or pre-order extra-lean keema

## Fish

*Baked/grilled/pan-seared: 2-3 times/week*

Preferably salmon, tuna packed in water, Atlantic herring, mackerel

Limit breaded fish or fried fish

## Seafood & Shellfish

Shrimps, prawns, lobsters – high in cholesterol, limit to once/month

## Milk & Milk Alternatives

Yogurt/Dahi or buttermilk – 2% or less

Evaporated milk – 2% or non-fat

Greek yogurt – 0% plain or flavoured

Plant-based Beverages – choose those fortified with vitamin B12 and vitamin D

Light cream cheese / Light Laughing Cow / 20% less milkfat cheeses

## Dried Fruits

*Figs, prunes, dates, raisins, etc.*

\* Check labels and avoid those with added sugars and oil

\* Limit portions as they are all high in sugar

## Nuts

Unsalted only—1/4 cup or handful per day

## Beans, Legumes & Lentils

*All are high in fibre: 3-4 times/week*

Black channa, black beans –  
High fibre, less carbohydrates and less gassy

Preferably use whole or split dals

Cook dals/beans with veggies, add in salads

Sprouted beans and dals are high in B12 and easy to digest

## Rice

*Choose in moderation as rice is low in fibre*

Brown or Basmati, parboiled –  
Tip: boil and drain

\* Suggestion: Limit to 1 cup cooked rice/2 times a week

## Breads

*Choose breads with at least 3 grams fibre/slice*

Whole Grain, 2 grains or more,  
sourdough, pumpernickel, dark rye

Stonemill brand or Dempsters 12 Grains with at  
least 3 grams fibre/slice

Silver Hills 20 sprouted grains bread: 5 grams  
fibre/slice

## Pitas & Tortillas

*Choose pitas/tortillas with at least 4 grams fibre/  
serving*

Ancient grains or whole grain tortillas

Adonis whole grain or whole wheat pitas

## Atta/Flour

*Choose at least 4 grams fibre in 30 grams of atta  
(Read Nutrition Labels on the bag)*

Whole wheat – Some brands to choose from  
include Royal chakki, Deep chakki, ADM Stone  
ground flour, Namaste Gujarat

Increase fibre in atta by adding Wheat Bran  
(buy from Walmart/No Frills/ Freshco) 1C atta +  
1/4C wheat bran

Fibre-rich flours – bajra, besan, millet or jaun,  
mathia, kala channa atta, ragi, amaranth,  
buckwheat or rajgira, suji or cream of wheat

For baking: Use whole wheat flours, add  
flaxseed powder to recipe

## Pasta

*Choose pasta with at least 4 grams fibre/serving*

Barilla brand (blue boxes), whole wheat,  
smart pasta, quinoa pasta, spelt pasta, plain  
noodles, lentil pasta

*\* Avoid instant noodles, limit rice noodles*

## Sugars

*Limit added sugars*

Use Agave syrup, honey, maple syrup,  
molasses sparingly

Limit white sugar, brown sugar, gud, shakkar,  
raw sugar, jaggery

*\* Avoid Mithai of all kinds – very high in sugar and  
saturated fats*

*\* Avoid Pinni, panjiri made with ghee and nuts*

## Oils & Spreads

*All are high in fibre: 3-4 times a week*

Choose often PUFA- Olive/Sunflower/  
Canola

Plant-based margarine  
Non-hydrogenated ones like Becel, Imperial

Light salad dressing, light mayonnaise

*\* Avoid Saturated Fats – ghee, butter, clarified  
butter, Aseel, coconut oil, palm oil*

## Additional Tips for Identifying Healthy Choices at The Grocery Store In Less than 2 minutes

Quick Check on The Nutrition labels

- ⇒ Limit Saturated Fat to around 5% DV
- ⇒ Trans Fat always look for 0 grams
- ⇒ Limit Sodium to under 10% DV
- ⇒ Aim for Fibre 4 grams or more/serving
- ⇒ Go Low on Sugar < 10 grams/serving

Quick Check on The List of Ingredients

- ⇒ The shorter the list, the better
- ⇒ Avoid foods with hydrogenated fats
- ⇒ Compare products and choose ones higher in fibre
- ⇒ Choose cereals/snacks where the first ingredient is a whole grain