


Fiterature's Healthy Grocery Shopping Checklist

| BARNYARD BUDDIES                       |   |  |  |
|--|---|--|--|
|  | Toss in the Cart  | Keep on the Shelf  | The Deets  |
| Beef:                                  | Eye, top, and bottom round; sirloin, flank steak; 90-95% lean ground beef | Rib-eye, porterhouse and t-bone steaks; 80% lean ground beef | The <b>green</b> group contains about 18 grams of protein per 3 oz serving, and less than 6 grams of fat. The <b>red</b> group has the highest fat-to-protein ratio, weighing in at 12-18 grams of fat!  |
| Poultry:                               | Skinless chicken thighs; turkey legs                                      | Ground Turkey; "enhanced" chicken breast                     | If it includes skin, ground turkey can have as much fat as ground beef. "Enhanced" chicken is injected with salt water to keep it moist and plump, and a 3 oz serving can contain more than 300 mg of sodium. By removing the skin on a turkey leg, it has the same protein-to-fat ratio as chicken thighs. A 3 oz chicken thigh contains 18 grams of protein and 3 grams of fat - a great ratio without the added sodium.           |
| Pork:                                  | Pork tenderloin; boneless pork loin chop                                  | Premarinated cuts; pork blade chops                          | A pork tenderloin contains 18 grams of protein and 3 grams of fat, as lean as a chicken breast! Premarinated meats have a ton of sodium and sugar - make your own marinade at home using spices. Pork blades have almost 21 grams of fat per 3 oz serving - whoa!  |
| At the Deli:                           | Turkey breast, roast beef and Canadian bacon                              | Honeybaked ham, peppered turkey, bacon                       | Low in fat and high in protein make these sliced and cured options winners. Opt for the "roasted" selection, as it tends to be lower in sodium and sugar.  |
| FISHY FRIENDS                          |   |  |  |
|  | Tilapia   |  | Packed with protein, nearly free of saturated fat and pretty inexpensive, Tilapia is high in omega-6 fats, which promote inflammation in the body and help stimulate skin and hair growth, maintain bone health, regulate metabolism, and maintain the reproductive system. <i>Eat two to three times a month.</i>   |
|  | Rainbow Trout   |  | Less expensive than wild salmon, trout is rich in omega-3 fats, which can lower your risk of diabetes, heart disease and achy joints. <i>Eat two or three times a week.</i>  |
|  | Wild Smoked Salmon  |  | Salmon is a great source of vitamin B-12 which can increase memory, promote healthy sleep and fight heart disease, as well as omega-3s. <i>Eat two or three times a week.</i>  |
|  | Mahi Mahi   |  | With 20 grams of protein and 3 oz of fat, Mahi Mahi is a lean, complete protein. It is NOT high in omega-3 however, so make sure you add cauliflower or brussels sprouts to your meal. <i>Eat once or twice a month.</i>   |
|  |   | Imported shrimp  | Overseas shrimp farms destroy forests and heavily use antibiotics. If you are a shrimp lover, make sure they are U.S. farmed. <i>Eat rarely or never.</i>  |
|  |   | Bluefin tuna   | Expensive and overfished, bluefin tuna is high in mercury which can cause damage to your kidneys, GI tract and nervous system. Instead, opt for yellowfin, which has lower amounts of contaminants. <i>Eat rarely or never.</i>  |
| THE GREATEST THING SINCE SLICED BREADS |   |  |  |
|  | 100% whole grain  | Multigrain, white  | Even though it has the word "grain" in it, multigrain is made of enriched flour or wheat flour, which doesn't contain the fiber and vitamins of 100% whole grain flour. Read the label: the first ingredient on the list should be WHOLE GRAIN. Also check that your loaf has at least 3 grams of fiber and less than 200 mg of sodium per slice and that the sugars are coming from a natural source like honey or evaporated cane. |
|  | Corn tortillas  | Flour tortillas, spinach wraps                               | You would think that spinach wraps would be the best choice, but they tend to contain mainly refined white flour and very little spinach. When flour is refined, it is stripped of germ and bran, leaving behind very little nutrients. Opt instead for corn tortillas that are made with fiber rich whole corn flour.   |
|  | Whole wheat bagels  | Whole wheat English muffins                                  | Most high carb bagels can contain almost double the calories of English muffins, without the healthy fiber.  |
| CARBO LOADING                          |   |  |  |
|  | Whole wheat, brown rice, buckwheat, quinoa or spelt                       | Egg noodle, spinach or "veggie"                              | Similar to the spinach wrap, very little vegetables are used in these refined flour pastas. Look at your label: the <b>whole grains in the green column</b> should appear FIRST on the list. Each serving should contain 5 grams or more of fiber, and 6 grams or more of protein. If you've never tried whole wheat pasta, the texture is chewier than regular pasta and will not cook to be as limp.                               |
|  | Homemade or low sodium sauce  | Bottled red sauce, alfredo                                   | Bottled pasta sauces can have an entire days worth of sodium and sugar in one serving. Again, read the label and shoot for less than 400 mg of sodium and 4 grams of sugar per serving. Choose tomato based sauces over cream based to achieve less than 2 grams of fat per 1/2 cup serving. Better yet, toss your pasta with roma tomatoes and spinach sautéed in extra virgin olive oil for a lighter take on spaghetti.           |
|  | Quinoa, Brown rice  | White rice   | Quinoa is a complete protein filled with fiber, b vitamins, and all 7 amino acids. This versatile food can be used in place of pasta, rice and oatmeal and tossed in salads and soups, among other things. Brown rice can reduce type 2 diabetes by 10% while white rice can spike your blood sugars and contains very little nutrients.   |

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| SALAD SPINNER  |  |  |
|--|--|--|
| Red/Green leaf lettuce, kale, spinach, arugula                               | Iceberg, romaine, butterhead   | The darker the leaf, the more vitamins, antioxidants and minerals the lettuce contains. Lighter heads are made up of mainly water, giving you less bang for your buck.   |
| Vinaigrette or oil-based dressing, balsamic vinegar                          | Creamy dressing (ranch, thousand island, French) or "fat-free" dressings                 | Vinaigrettes contain good-for-you fats, while their creamy cousins do not. The least amount of ingredients the better, with olive oil, vinegar and herbs being the top listed. And don't let the "fat-free" label fool you - fat is typically replaced with unhealthy sugars and fillers. Dressing should contain less than 70 calories and 200 mg of sodium per 2 tablespoon serving.   |
| MILK IT FOR ALL IT'S WORTH   |  |  |
| Cow milk (whole, 2%, skim/non-fat), unsweetened soy, almond or hemp milk     | Flavored Milk  | At the end of the day, it's personal taste preference. Drinking two to three glasses of milk a day, whether it's skim, 2 percent, or whole, lowers the likelihood of both heart attack and stroke. If you are trying to lose weight, the lower fat options will help you cut calories. If you are trying to build muscle, the full fat option might be the way to go. If you are vegetarian, all alternative milks are pretty much the same in nutrient content, with hemp milk containing more omega-3s than almond or soy. Read your labels and stay away from anything labeled "vanilla" - it's packed with added sugar. If you need your milk sweetened, use vanilla extract or stevia. Toss milks fortified with calcium and vitamins in your cart for a healthy breakfast! |
| Parmesan, fresh mozzarella, soft goat and light ricotta cheeses              | Cheddar, blended mixes, American cheeses   | All of the cheeses in the <b>red</b> column are higher in fat and oil. American cheese is heavily processed and filled with a ton of salt and fat. Stick to cheese that is full on flavor and protein but not on fat, in the <b>green</b> column.  |
| Low-fat plain Greek yogurt   | Traditional yogurt, fruit-on-the-bottom  | Greek yogurt, which is strained extensively to remove much of the liquid whey, lactose, and sugar is thick, creamy and holds almost twice as much protein and less than half the sugar and sodium as regular yogurt. Be careful of the fat content however - read your labels and opt for the low-fat or fat-free version. If you need your yogurt sweet, buy plain and add your own fresh fruit or honey. Fruit-on-the-bottom yogurts are loaded with sugary syrups and artificial flavorings, adding nothing good to your mornin!  |
| YOU CAN (AND JAR) DO IT  |  |  |
| Fruit - "light" or in juice  | Fruit in heavy syrup   | Though fresh fruit is always best, sometimes it isn't convenient. When canned is the way to go, always buy fruit that is packed in its own or other fruit juices. Buying fruit in heavy syrup just means you are adding artificial sugars to your already sweet fruit, thus eliminating any good you are trying to accomplish!   |
| Light or low sodium soup   | Full sodium or "fat-free" soup   | Many broths and soups can pack nearly a days worth of salt. Read your labels and look for sodium levels under 500 mg per serving. Many will be labeled as "light" or "low sodium". Remember to be careful to check that the "fat-free" doesn't really mean added salt and sugar.   |
| Unsweetened applesauce   | Sweetened or artificially flavored applesauce  | Everyone loves cinnamon in their applesauce, and many companies will add about 75% sugar and 25% cinnamon to their recipes. Buy yours unsweetened and add your own ground spice. Unsweetened applesauce not only has less sugar, but half the calories as well. Plain applesauce is a great substitute for oil and fat in baked goods, too!  |
| Natural peanut / almond butter   | Reduced fat peanut butter  | Natural nut butters are made with just that - nuts! Skipping the added sugar and hydrogenated oils, natural nut butters are a heart-healthy fat and great source of protein and vitamin E. Almond butter is an acquired taste and more expensive than peanut butter, but it is richer in calcium and monosaturated fats, which lower cholesterol.  |
| Honey, pure maple syrup, organic agave nectar, unrefined brown sugar, stevia | Artificial sweeteners (aspartame), high fructose corn syrup, processed white table sugar | Natural sweeteners, or sweeteners that come from plants and animals, not chemicals or refineries, are the way to go when it comes to health. Though each natural sweetener is different in terms of calories effects on blood sugars, you really can't go wrong with any of the choices in the <b>green</b> column when it comes to cooking and baking. Moderation is key, however. Too much of a good thing is always just that.  |
| CRUNCH AND MUNCH   |  |  |
| Air-popped popcorn   | Microwave, oil popped popcorn  | Air popped popcorn is one of the best snacks to choose for overall crunch appeal. Its light, healthy and provides a high amount of fiber. Microwave or flavored popcorn tend to have double the calories and contain all kinds of artificial ingredients. You can pickup a air popper for about \$10-15 at Wal-Mart or Target. Bags of popcorn kernels are very inexpensive and will last you a while. For extra taste, add a few squirts of fat free butter spray and a pinch of seasoning salt or my favorite - melted coconut oil.  |
| Dark chocolate   | Milk or white chocolate  | A great source of iron and said to help reduce heart-disease, dark chocolate contains more antioxidant-rich cocoa than sugar, unlike milk and white chocolate.   |
| Whole grain crackers, trail mix  | Flavored chips, crackers   | Whole grain crackers are rich in fiber, while trail mixes containing dried fruit and unsalted nuts contain healthy fats and antioxidants. Flavored chips and crackers tend to be made of refined sugars and flour, with very little nutrients and lots of artificial flavors and dyes.   |