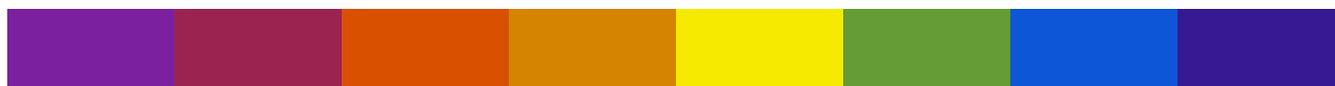


MAKING HEALTHIER CHOICES WHEN SHOPPING

If you usually buy:	Buy these instead:
Milk and Milk Products	
<ul style="list-style-type: none"> Whole milk (regular, evaporated, or sweetened condensed) 	<ul style="list-style-type: none"> Fat-free (skim) or low-fat (1%) milk
<ul style="list-style-type: none"> Ice cream 	<ul style="list-style-type: none"> Sorbet and ices, sherbet, or low-fat or fat-free frozen yogurt
<ul style="list-style-type: none"> Sour cream 	<ul style="list-style-type: none"> Plain fat-free or low-fat Greek yogurt or fat-free sour cream
<ul style="list-style-type: none"> Cheese (cheddar, Swiss, Monterey Jack, American, mozzarella, etc.) 	<ul style="list-style-type: none"> Reduced-calorie or fat-free cheese, part-skim, low-calorie processed cheeses.
<ul style="list-style-type: none"> Regular (4%) cottage cheese 	<ul style="list-style-type: none"> Fat-free or low-fat (1%) cottage cheese
<ul style="list-style-type: none"> Whole milk ricotta cheese 	<ul style="list-style-type: none"> Part-skim milk ricotta cheese
<ul style="list-style-type: none"> Coffee cream (half-n-half) or nondairy creamer 	<ul style="list-style-type: none"> Low-fat (1%) or nonfat dry milk powder
Meats, Fish, and Poultry	
<ul style="list-style-type: none"> Cold cuts or lunch meats (bologna, salami, liverwurst, etc.) 	<ul style="list-style-type: none"> Low-fat/reduced sodium cold cuts (turkey, chicken)
<ul style="list-style-type: none"> Bacon or sausage 	<ul style="list-style-type: none"> Canadian bacon or lean ham
<ul style="list-style-type: none"> Regular ground beef 	<ul style="list-style-type: none"> Extra-lean ground beef or lean ground turkey
<ul style="list-style-type: none"> Beef chuck, rib, brisket 	<ul style="list-style-type: none"> Beef round or loin (trimmed of external fat)
<ul style="list-style-type: none"> Frozen breaded fish or fried fish 	<ul style="list-style-type: none"> Fish or shellfish, unbreaded (fresh, frozen or canned in water)
<ul style="list-style-type: none"> Chorizo sausage 	<ul style="list-style-type: none"> Turkey sausage or vegetarian sausage (made with tofu).

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MAKING HEALTHIER CHOICES WHEN SHOPPING

If you usually buy:	Buy these instead:
Cereals, Grains, and Pastas	
• Pasta with white sauce (Alfredo)	• Whole grain pasta with red sauce (marinara)
• Pasta with cheese sauce	• Whole grain pasta with vegetables (primavera)
• White rice or pasta	• Brown rice or whole grain pasta
Baked Goods	
• Croissants or brioches	• Whole grain rolls
• Donuts, sweet rolls, muffins, scones, pastries, or pan de leche	• Whole grain English muffins, bagels, reduced-fat or fat-free muffins or scones
• Party crackers or cookies	• Whole grain crackers (choose low sodium when possible), graham crackers, ginger snaps, or fig bars.
• Frosted cake or pound cake	• Angel food cake or gingerbread
Fats, Oils, and Salad Dressings	
• Regular margarine or butter	• Light margarines or olive oil
• Regular mayonnaise	• Ketchup, mustard, or fat-free / reduced-fat mayonnaise
• Regular salad dressing	• Fat-free or reduced-fat dressing, lemon juice, or wine vinegar
• Oils, shortening, or lard for pan cooking	• Nonstick cooking spray for stir-frying or sautéing
Miscellaneous	
• Canned cream soups	• Canned low-sodium broth-based soups
• Gravy (homemade with fat and / or milk)	• Gravy mix made with water; homemade with fat skimmed off and / or with fat-free milk



SUGGESTIONS FOR EATING MORE HEALTHFULLY

Let go of the old ways. Instead of . . .	Try the new way of eating healthy. We will . . .
Pick healthy fats and still keep the flavor!	
Frying in butter, stick margarine, lard, or shortening	<ul style="list-style-type: none"> <input type="checkbox"/> Bake, broil, grill, or boil. <input type="checkbox"/> Stir-fry or sauté with cooking spray in a nonstick pan, or use vegetable oils like canola, olive, peanut, or soybean.
Choosing whole milk, full-fat cream cheese, or full-fat hard cheeses	<ul style="list-style-type: none"> <input type="checkbox"/> Drink fat-free or 1% milk. <input type="checkbox"/> Choose fat-free or low-fat cream cheese and low-fat or reduced-fat hard cheeses.
Choosing full-fat sour cream or full-fat cottage cheese	<ul style="list-style-type: none"> <input type="checkbox"/> Choose fat-free or reduced-fat sour cream or fat-free plain yogurt. <input type="checkbox"/> Eat fat-free or low-fat (1%) cottage cheese.
Choosing fattier cuts of meat (such as	<ul style="list-style-type: none"> <input type="checkbox"/> Take the skin off chicken and turkey pieces before cooking them. <input type="checkbox"/> Eat leaner cuts of ground meat and lean beef. Drain fat from meat after cooking. Choose 99% fat-free ground turkey or chicken breast.
Lower salt, not taste!	
Buying already prepared meals and processed meats (such as cold cuts and hot dogs)	<ul style="list-style-type: none"> <input type="checkbox"/> Make more meals using fresh, lean meats and fresh, frozen, or canned low-sodium vegetables.
Eating frozen or delivery pizza	<ul style="list-style-type: none"> <input type="checkbox"/> Make a vegetable pizza at home using fresh vegetables, a small amount of cheese, and no-salt added tomato sauce.
Choosing regular canned vegetables	<ul style="list-style-type: none"> <input type="checkbox"/> Buy fresh or frozen vegetables without sauces. Use herbs for flavor. <input type="checkbox"/> Choose canned vegetables that are labeled “no salt added.”
Adding salt to foods for flavor	<ul style="list-style-type: none"> <input type="checkbox"/> Season foods with herbs, spices, chiles, lime or lemon juice and vinegar.



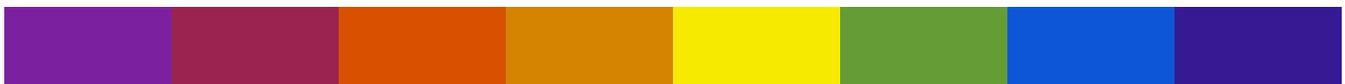
SUGGESTIONS FOR EATING MORE HEALTHFULLY

Let go of the old ways. Instead of . . .	Try the new way of eating healthy. We will . . .
Lower sugar, and still satisfy your sweet tooth!	
Choosing sweet breakfast cereals	<ul style="list-style-type: none"> <input type="checkbox"/> Choose whole-grain cereals that don't have frosting or added sugars. <input type="checkbox"/> Choose fat-free yogurt or fat-free cottage cheese. Add fresh fruit and a few almonds for extra flavor and crunch.
Drinking sugary soft drinks and juice drinks	<ul style="list-style-type: none"> <input type="checkbox"/> Drink water or unsweetened iced tea with lemon juice.
Eating big portions of sweet desserts	<ul style="list-style-type: none"> <input type="checkbox"/> Eat a piece of fresh fruit. <input type="checkbox"/> Split a small dessert with a friend.
Choosing canned fruit packed in syrup	<ul style="list-style-type: none"> <input type="checkbox"/> Choose canned fruit labeled "packed in natural juice." <input type="checkbox"/> Choose fresh or frozen fruit.

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TIPS TO REDUCE SODIUM (SALT) INTAKE

- Read the [Nutrition Facts Labels](#) to choose foods lower in sodium.
- When purchasing canned foods, select those labeled as “reduced sodium,” “low sodium,” or “no salt added.” Rinse regular canned foods to remove some sodium.
- Gradually reduce the amount of sodium in your foods. Your taste for salt will change over time.
- Consume more fresh food and fewer processed foods that are high in sodium.
- Eat more home-prepared foods, where you have more control over sodium, and use little or no salt or salt-containing seasonings when cooking or eating foods.
- When eating at restaurants, ask that salt not be added to your food or order lower sodium options, if available.

TIPS FOR USING HERBS AND SPICES (INSTEAD OF SALT)

Basil	Use in soups, salads, vegetables, fish, and meats.
Cinnamon	Use in salads, vegetables, breads, and snacks.
Chili Powder	Use in soups, salads, vegetables, and fish.
Cloves	Use in soups, salads, and vegetables.
Dill Weed and Dill Seed	Use in fish, soups, salads, and vegetables.
Ginger	Use in soups, salads, vegetables, and meats.
Garlic	Use in soups, salads, meats, and chicken.
Marjoram	Use in soups, salads, vegetables, beef, fish, and chicken.
Nutmeg	Use in vegetables, meats, and snacks.
Oregano	Use in soups, salads, vegetables, meats, and chicken.
Parsley	Use in salads, vegetables, fish, and meats.
Rosemary	Use in salads, vegetables, fish, and meats.
Sage	Use in soups, salads, vegetables, meats, and chicken.
Thyme	Use in salads, vegetables, fish, and chicken.

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