



Food Shopping Tips

– healthy choices can be easy choices!

Health Check™ is one way the Heart and Stroke Foundation helps you eat well.

Use the following tips from the Heart and Stroke Foundation's registered dietitians to help you shop for healthy choices.



Check for Health Check™

1. Look for the Serving Size in the Nutrition Facts table. The amount of calories, fat, sodium, and fibre is based on the serving size. When you compare products, make sure the serving sizes are similar.
2. The % Daily Value in the Nutrition Facts table tells you if there is a little or a lot of a specific nutrient such as fat, sodium, fibre, or vitamin C in a product.
3. Look for the Nutrition Facts table to find out the type of fat used in the product. Aim for less saturated fat and trans fat.
4. Choose nutritious snacks such as lower-fat yogurts, whole grain crackers with lower-fat cheese, and fresh vegetables and fruit.
5. Choose healthy margarines. Choose regular or light margarines that are soft and non-hydrogenated.
6. Healthy individuals should consume 21 to 38 grams of fibre daily. Look for foods with at least 2 grams or more of fibre per serving. Don't forget to drink plenty of water.
7. Just because bread is brown doesn't necessarily mean it is high in fibre. Look for whole grains at the beginning of the ingredients list.
8. Choose fresh vegetables or fruit, or those that are prepared with little or no added fat, sugar, or salt and have vegetables and fruit more often than juice.
9. Choose lean meats, meat alternatives such as beans, lentils, and tofu, and lower-fat milk products.
10. Choose colourful vegetables and fruit. They are full of vitamins A and C and are a great source of fibre.