



# FRESH PRODUCE

- Apples
- Blackberries
- Blueberries
- Raspberries
- Strawberries
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Cherries
- Coleslaw mix
- Garlic
- Grapes - red and purple
- Kale
- Watermelon
- Cantaloupe
- Mushrooms
- Mint
- Onions and Scallions
- Oranges
- Clementines
- Parsley
- Pumpkin
- Radishes
- Spinach or other leafy greens
- Squash - summer and winter
- Peaches
- Nectarines
- Plums
- Apricots
- Mangos
- Sweet potatoes
- Tofu
- Tomatoes
- Watercress

# FRESH FISH AND SEAFOOD

- Halibut
- Oysters
- Sardines
- Tuna
- Herring
- Salmon
- Trout

# MEAT, POULTRY, DELI, & PREPARED FOODS

- Skinless Chicken breasts
- Ground turkey breast
- Beef or pork with round or loin in name (sirloin, round steak)
- Buffalo
- Ground beef that is 90 percent or higher lean meat
- Reduced fat, lower sodium deli meat & cheese (Boar's Head)
- Lite Chicken Salad
- Look for items on the 'Living Well Favorites' menu board including breakfast and seasonal entrees

# DAIRY PRODUCTS

- Fat free or low fat (1%) unflavored milk
- Soy or rice milk
- Kefir
- Plain fat free or low fat yogurt and sour cream
- Reduced fat cheese (2% milk cheese)
- Low fat cottage and ricotta cheese
- Parmesan cheese
- Neufchatel or fat free cream cheese
- Egg whites or egg substitutes
- Soft tub margarine with 0 grams trans fat and no partially hydrogenated fat on ingredient list
- Margarine with plant stanols or sterols (Benecol®, Promise activ®)



# FROZEN PRODUCTS

- Vegetables
- Fruit
- Reduced fat ice cream or yogurt
- Edamame (soybeans)
- Dinners with 300 calories or less per serving

# BREAD, CEREALS, PASTA

- Whole grain bread, buns, rolls, muffins (made with whole wheat, oats, rye, corn or buckwheat)
- Whole wheat tortillas or pita bread
- Corn tortillas
- Whole grain pasta
- Quick or old fashioned oats in canisters rather than individual packs
- Steel-cut oats
- Wheat germ



# CANNED/JARRED FOODS

- Pinto beans
- Black beans
- Red beans
- Kidney beans
- Cannellini beans
- Chick peas
- Black-eyed peas
- No salt added tomatoes
- No salt added tomato sauce
- No salt added vegetables
- Reduced sodium, reduced fat soup
- Broth
- Canned chicken, packed in water
- Canned salmon, packed in water
- Canned tuna, packed in water
- Light or unsweetened fruit
- Evaporated fat free milk

# FUN! SNACK FOOD

- Nuts without added salt or sugar: Almonds, Walnuts, Pistachios, Pecans, Hazelnuts
- Sunflower or pumpkin seeds
- Baked, low sodium chips
- Salsa
- Reduced fat microwave popcorn
- Whole grain, reduced salt crackers (Wheat Thins®, Triscuit®, Wasa Rye Crispbread®)
- Whole grain rice cakes (Lundberg Brown Rice Cakes®)
- Dried fruit with no added sugar (raisins, apricots, plums)
- Dark chocolate with 65% cacao or higher
- High fiber cereal bars

# GROCERY PRODUCTS

- Dry beans, peas, lentils
- Salad dressings and mayonnaise: reduced fat, low fat or fat free
- Salt-free seasonings and marinades: Mrs. Dash®, McCormick®, Lowreys®
- Quinoa
- Quick-cooking barley
- Bulgar
- Flaxseed
- Whole wheat couscous
- Brown rice: regular or quick cooking
- Balsamic vinegar
- Reduced sodium soy sauce
- Herbs and spices



# HEART-HEALTHY Shopping GUIDE



# BAKED GOODS

- Canola oil
- Corn oil
- Olive oil
- Safflower oil
- Sesame oil
- Soybean oil
- Sunflower oil
- Walnut oil
- Nonstick cooking spray
- Whole wheat flour
- Reduced sugar maple syrup
- Cooking wine: alcohol free
- Red and white wine vinegar

# United® Supermarkets

# TRANSFORM *your* LIFE

TIPS TO START EATING HEART HEALTHY

LET'S *get* COOKING!



## TAKE CHARGE of YOUR HEALTH

### General Shopping and Meal Planning Guidelines:

Items

Make a shopping list and stick to it to reduce impulse buying

Organize your list by department to save shopping time

Check for supermarket specials each week; plan your menus around what's on sale.

Try not to shop when you're hungry.

Have a Healthy Snack



You may be tempted to buy items not on your diet.

To save time at the store, organize your shopping list into sections according to the layout of the supermarket.

### Reduce your sodium

Rinse canned beans and vegetables before serving to reduce sodium content

Choose "no salt added" canned vegetables or reduced sodium condiments.



Use salt-free dry seasonings and marinades with healthy herbs and spices for flavor.

Choose fresh or frozen vegetables instead of canned.



Choose fresh meat and deli products rather than processed meats that tend to be higher in fat and sodium.

### Cut the Fat

Limit red meat such as beef, pork and lamb to 18 ounces per week. A healthy serving size is 3oz or about the size of a deck of cards.

Look for loin or round in the name for leanest cuts.

(some stores carry a grass-fed beef & buffalo)



Include at least two fish or seafood servings per week. A healthy serving size is 5 to 6 ounces or about the size of a checkbook. Bake, sauté or grill seafood. Avoid frying or serving with cream sauces.

Did you know United Supermarkets will season and steam almost any seafood item in our case for free? That makes a healthy dinner quick and easy!

Include three of fat-free or low-fat dairy such as milk, cheese and yogurt per day.



When it comes to poultry, remove skin prior to cooking or buy skinless chicken and turkey when available.

Avoid palm oil, coconut oil and cocoa butter, as they are high in saturated fat.

### Increase Fruits and Veggies

Try new varieties make your plate look like a rainbow of color

Try to make half your plate fruits and vegetables



Wonder what something in our produce department might taste like?

Just ask for a taste of any of our guaranteed fresh produce.

Purchase plain yogurt and add your own fruit for great flavor and natural sweetness.

Choose vegetables and fruit with no added ingredients such as salt, sugar or cheese.

### Increase Fiber

Choose whole grain bread, cereal, grain and pasta products that include at least 3 grams fiber per serving.



Fresh or frozen fruits, vegetables and beans are a great source of fiber

Your overall goal for fiber intake daily should be 25-30g per day.

Meals eaten at home are generally lower in calories, fat and sodium.



Start by cooking at least once a week at home. This will give you confidence to cook more often.

Look for ways to make your favorite recipes healthier.



Use reduced-fat cheese. Replace sour-cream with low-fat or fat-free yogurt.

Use spices and herbs to add more flavor instead of adding salt or fat.

Shop using NuVal™ scores to help you choose best foods in each category...the higher the score, the better nutrition.



91  
NuVal™

no salt added



50  
NuVal™

regular

Visit our website for details.  
[unitedsupermarkets.com/healthwellness/nuval](http://unitedsupermarkets.com/healthwellness/nuval)