

HOW TO GROCERY SHOP

Plan to spend most of your time around the edges of the store.

The perimeter of the store is where you'll find nearly all of the best food – the fresh vegetables and fruits, the whole grains and lean meats. Along the aisles in the center of the store is where you'll find the more processed and packaged foods. Processed foods are made to last weeks and sometimes months before they begin to break down – to the contrary, you want to pick foods that can be utilized by your body quickly.

Vegetable and fruits: Choose fresh over frozen over canned.

Fresh vegetables and fruits nearly always contain more vitamins and minerals, more fiber and more phytochemicals (beneficial plant-based chemicals that have many disease-fighting properties). Frozen foods lose some of their freshness, flavor and nutrients but are convenient. Canned foods are often higher in sodium and sugar content, and nutrients tend to dissolve into the liquid in the can.

Don't just shop for foods, shop for nutrients.

You'll soon realize why the foods on your list are so good for you.

In the produce department – you'll understand the importance of looking for fiber, vitamin A, vitamin C and the colorful foods (such as tomatoes, squash, berries) that are rich in phytochemicals.

In the dairy section – choose calcium-rich items and avoid the products that are higher in fat.

At the meat and fish counter – look for lean sources of protein – preferably fresh cuts from the butcher.

See our handy Grocery check list on the back of this pamphlet as well as our Restaurant Guidelines inside.

GROCERY LIST

LEAN PROTEINS:

- | | |
|--|--|
| <input type="checkbox"/> Chicken, white meat | <input type="checkbox"/> Rainbow trout |
| <input type="checkbox"/> Cod | <input type="checkbox"/> Salmon |
| <input type="checkbox"/> Egg whites, cooked | <input type="checkbox"/> Sea bass |
| <input type="checkbox"/> Flounder | <input type="checkbox"/> Skim milk |
| <input type="checkbox"/> Grouper | <input type="checkbox"/> Snapper |
| <input type="checkbox"/> Halibut | <input type="checkbox"/> Soybeans |
| <input type="checkbox"/> Longhorn beef | <input type="checkbox"/> Sugar-free soy milk |
| <input type="checkbox"/> Nonfat tofu | <input type="checkbox"/> Swordfish |
| <input type="checkbox"/> Nonfat, no-sugar yogurt | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Ocean perch | <input type="checkbox"/> Turkey, white meat |

STARCH CARBOHYDRATES:

- | | |
|---|---|
| <input type="checkbox"/> Black-eyed peas | <input type="checkbox"/> Lentils |
| <input type="checkbox"/> Bran | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Kasha | <input type="checkbox"/> Peas |
| <input type="checkbox"/> Beans – black, kidney, pinto, red, soybeans, and white | <input type="checkbox"/> Rice – brown, wild |
| | <input type="checkbox"/> Yams |

FIBROUS VEGETABLES:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Asparagus | <input type="checkbox"/> Peppers – green, red, yellow |
| <input type="checkbox"/> Beans, green | <input type="checkbox"/> Tomatoes |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Zucchini |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Lettuce – romaine, red, leaf, butter crunch, looseleaf or bunching varieties |
| <input type="checkbox"/> Cucumbers | |
| <input type="checkbox"/> Eggplant | |
| <input type="checkbox"/> Endive | |
| <input type="checkbox"/> Mushrooms | |

LOW SUGAR FRUITS:

- | | |
|--|---|
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Green apples |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Green pears |
| <input type="checkbox"/> Boysenberries | <input type="checkbox"/> Kiwi fruit |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Raspberries, black |
| <input type="checkbox"/> Granny Smith apples | <input type="checkbox"/> Strawberries |

ESSENTIAL FATTY ACIDS:

- | | |
|---------------------------------------|---|
| <input type="checkbox"/> Canola oil | <input type="checkbox"/> Safflower oil |
| <input type="checkbox"/> Olive oil | <input type="checkbox"/> Soybean oil |
| <input type="checkbox"/> Flaxseed oil | <input type="checkbox"/> Sunflower seed oil |



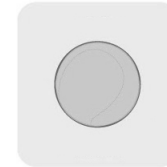
GROCERY LIST & RESTAURANT TIPS

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PORTION CONTROL COMPARISONS



Chicken/Meat
3 oz. (cooked)
4 oz. (raw)



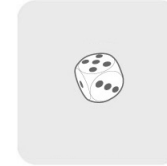
1 cup cooked
rice or pasta;
ice cream



1 oz. cheese



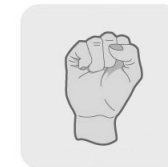
Medium Piece
of Fruit



1 tsp. butter or
margarine



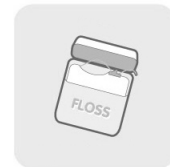
1 small baked
potato



1 cup
(Avg woman's fist)



2 tbsp. peanut
butter, jam,
salad dressing



1 oz. of
chocolate

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THE BEST CHOICES WHEN EATING OUT

When you go out to eat, does your healthy nutrition plan go out the window? It doesn't have to. With a little information and thought, you can make the best choices for your body as you enjoy a wide variety of cuisine and food types.

GENERAL RESTAURANT GUIDELINES

- Choose natural foods – vegetables, whole grains, lean proteins
- Order foods cooked without oil, margarine or butter – some establishment will allow you to order your selection cooked “dry”
- Have your vegetables steamed.
- Ask for all dressings and sauces on the side, or request that they go light on the dressing, or have them eliminated altogether.
- When you have dressing or a sauce, dip your fork in the dressing first, then pick up your bite of food. This will give you the flavor while minimizing the calories.
- Have temptations such as bread, rolls, crackers, chips, butter removed from your table. A single roll with a pat of butter can contain 150 calories.
- Avoid drinking alcohol with your meal – it increases your appetite.
- Ask about the side dishes that come with your order. If they're high-fat or high-calorie – exchange them for more healthier choices.
- Don't eat all your food – just because you paid for it.
- Visually cut the portion in half before you begin eating. Then, check in – ask yourself if you've satisfied your hunger – not if you're full. Since more restaurant portions are far larger than you need, you may want to share your order with a friend.

ASIAN RESTAURANTS

- Avoid fried entrees or appetizers
- Select dishes with lean proteins (chicken or fish)
- Avoid entrees with lots of nuts
- Order sauce on the side
- Ask for steamed rice, not fried

DELICATESSENS

- Select a lean protein such as turkey breast or chicken breast (not smoked - smoking process can add oils, salt and carcinogenic nitrites)
- Use mustard rather than mayonnaise or salad dressing
- For a side dish, order a steamed vegetable if available, or a plain salad with nonfat dressing.

FAST FOOD RESTAURANTS

- Limit fast-food meals to no more than once a week
- A grilled chicken or baked fish sandwich can be acceptable choice. Order without sauce or mayonnaise and remove the top bun.
- Grilled chicken salad with nonfat dressing is a good choice
- Baked potato is a good side dish – avoid all the fattening toppings
- At the salad bar, get fresh vegetables instead of pasta or potato salads. Use low-fat or non-fat dressing. Look for proteins such as egg whites or turkey – avoid tuna and chicken salad, which may be covered in dressing.

HOMESTYLE RESTAURANTS

- Grilled chicken or roasted turkey breast are good protein choices
- Order a baked potato, steamed rice or corn (prepared without butter or margarine) for complex carbs
- Order vegetable steamed or prepared without sauce or butter

MEXICAN RESTAURANTS

- Instead of tortilla chips, ask for soft corn tortillas – avoid adding unnecessary butter
- Grilled chicken, fish or shrimp are good protein choices
- If you want fajitas, request they be grilled dry
- A dinner salad with non-fat dressing is a good compliment to Mexican food. Ask for corn tortillas rather than white flour tortillas.

PARTIES

- Eat a meal or mini-meal before the party to ward off hunger pangs
- Snack on low fat items such as fresh vegetables (without dip), popcorn (air popped, not popped with butter or oil) or baked tortilla chips
- Instead of a cocktail, drink sparkling water with a twist of lemon or a diet soft drink
- Don't stand near the food table

SPORTING EVENTS/MOVIES

- Take an AdvoCare Meal Replacement Bar instead of candy
- Air-popped popcorn is low in fat – small portions only
- Non-fat, sugar free frozen yogurt is fine, limit to one cup
- For a full meal, a grilled chicken sandwich is generally safe. Ask for no dressing and remove the top bun.

STEAKHOUSES

- Grilled chicken or fish (prepared without oil and served without sauce)
- The leanest cuts of beef are tenderloin, sirloin and flank steak
- For a side dish, order a baked potato, steamed rice or other steamed vegetable
- At the salad bar, select fresh vegetables and non-fat dressing

TRAVEL

- In airports, air-popped popcorn or nonfat, sugar-free frozen yogurt are usually available for snacks
- Pack AdvoCare Meal Replacement Bars, bags of fresh cut vegetables, and cans of water-packed tuna to eat on the road or in flight

For breakfast in hotel restaurants:

- Order an egg white omelet cooked dry – add chicken and spinach for more flavor
- Order a whole-grain cereal such as oatmeal, grits or oat bran. Use skim milk.
- Have low-fat fruits – most berries are a good choice. Avoid fruit juices.
- Pack AdvoCare Meal placement Bars or Shakes