

Be Well, Stay Well

Nutrition and grocery shopping



The old saying is true - you are what you eat. A healthy diet provides the nutrients that your body needs, can increase your energy levels and improve your overall health. Get on the path to optimal health by choosing healthy foods at the grocery store.

Choose food from each food group every day

Fruit

Most fruits are naturally low in fat, sodium and calories. None have cholesterol. Fruit is also a source of many essential nutrients, including potassium, dietary fiber, vitamin C and folic acid.

Vegetables

Eating a diet rich in vegetables can reduce your risk of heart disease, cancer, obesity and type 2 diabetes. Make half of your plate fruits and vegetables.

Grains

Make half of your grains whole. Grains are a source of many nutrients including dietary fiber, B vitamins and minerals (like iron, magnesium and selenium, which are important for your blood, bones and muscles).

Protein

The protein food group includes meat, seafood and poultry, as well as eggs, beans, peas, soy products, nuts and seeds. Protein is the building block for bones, muscles, skin and blood.

Dairy

The dairy group includes milk products, foods made from milk and calcium-fortified soy milk. Dairy products are linked not only to improved bone health but also to lower blood pressure in adults and a reduced risk of type 2 diabetes.

Plan ahead

Planning is an important part of grocery shopping. Before you head to the store, plan the meals you're going to cook. Make a list, and don't shop hungry. This will help you buy only what you need.

For healthy meals, try stews and stir fries that include a variety of fresh vegetables. Make a large batch and eat the leftovers for several meals to stretch your budget and save time.

Tips for buying healthy food on a budget

- Find deals by clipping coupons or purchasing items that are on sale. Buy fruits and vegetables that are in season, as they often cost less and are fresher.
- Locate the "unit price" on the shelf below the product. Compare brands and different sizes of the same brand to determine which is more economical.
- Purchase items in bulk, especially frozen fruits and vegetables that will keep longer than fresh food.
- Reduce waste by using food with the earliest expiration first. When you buy food at the store, check the sell by date to get the freshest food possible.

Sources: www.ChooseMyPlate.gov, U.S. Department of Agriculture

Talk to a nurse who can help you manage your health condition and your diet!

If you have a health condition, you can improve your diet and reach optimal health through the Nurse Health Coaching program. Get education and support from a nurse for your lifestyle, medication and testing.

To enroll or learn more, call 1-866-244-8977