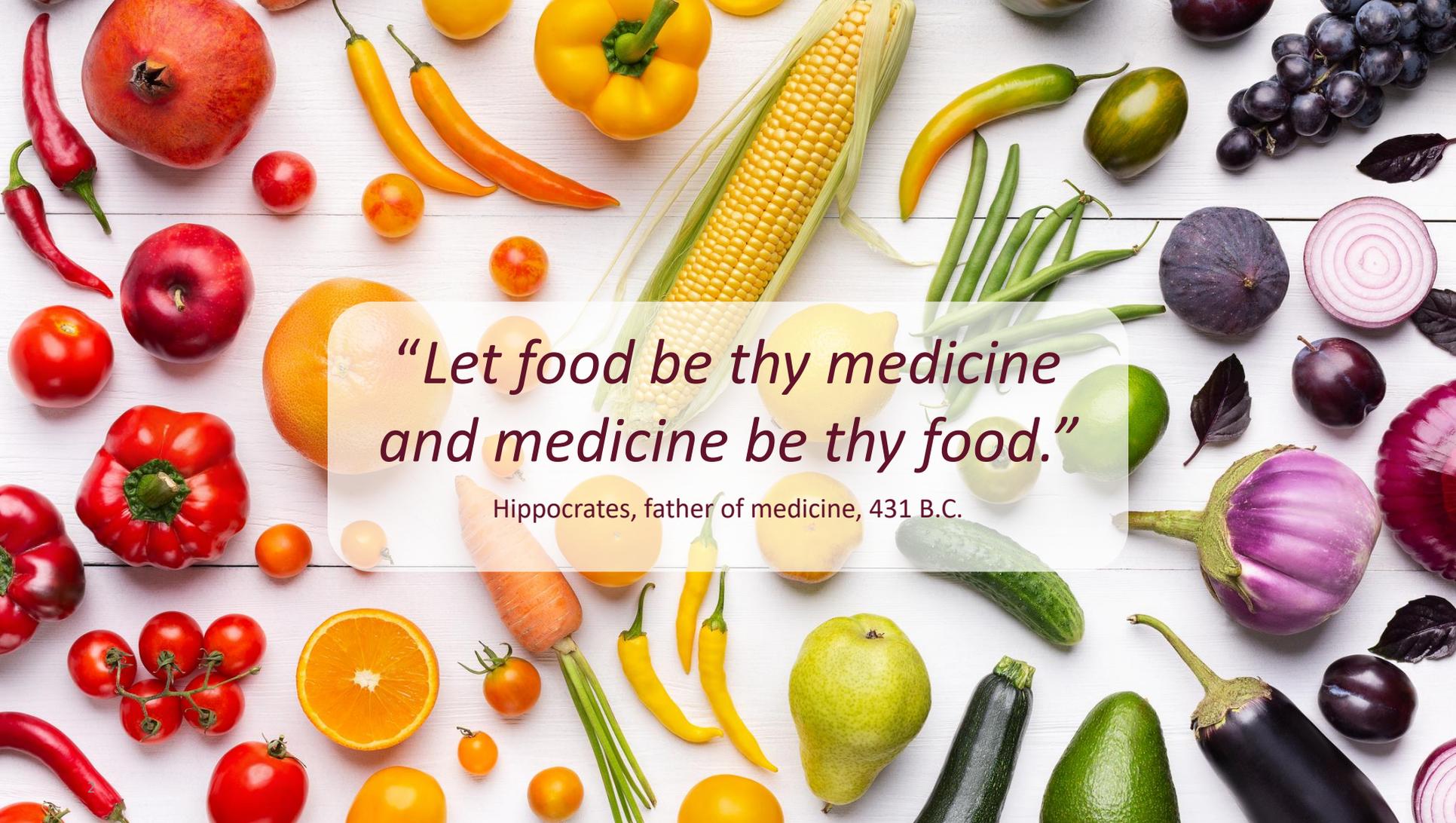


Grocery Store Tour

Gulf Coast Bariatrics' Support Group

September 15, 2021



*“Let food be thy medicine
and medicine be thy food.”*

Hippocrates, father of medicine, 431 B.C.

Plan Ahead

- Set aside time each week to meal plan—this enhances your ability to stick to a budget & your plan
 - Pick a day (ex: every Saturday morning)
 - Ideally, plan for one week at a time
 - Plan each meal/snack for that week
 - Refer to your allowable foods list
 - Find recipes consistent with your eating plan, or modify them to fit
- Base your grocery list based on this “menu”
 - Create your list according to your store’s layout
 - This WILL save you time by minimizing your need to go back for forgotten items



Setting Yourself up for Success

- As with meal planning, set aside a specific day to do all your grocery shopping
 - Make this part of your weekly routine
- Avoid going to the store hungry!
 - If it has been a few hours since you ate, have a meal replacement before entering the store
 - Shopping on an empty stomach promotes less-than-desirable purchases due to hunger
 - Avoid the samples offered, as calories do add up (especially in stores that offer multiple product samples)

Shop the Perimeter

- Produce
 - Fruit
 - Vegetables
 - Local & seasonal is usually less expensive
- Animal protein
 - Meat, poultry, and fish
 - Grass-fed, pastured, organic
- Seafood
 - Wild (generally a better option than farm-raised)
- Beware of these exceptions:
 - Bakery and prepared foods sections



Produce

- The ultimate whole foods: sources of vitamins, minerals, antioxidants, phytonutrients
- Eat seasonally and locally
 - <https://foodprint.org/eating-sustainably/seasonal-food-guide/>
- Beware the “Dirty Dozen”
 - The most heavily contaminated crops in terms of pesticides (don’t need to avoid completely, but buy organic if it’s an option)
- Focus on the “Clean Fifteen”
 - Refers to the crops with the lowest amounts of pesticide residues
 - EWG’s 2020 Shopper’s Guide to Pesticides in Produce™
 - List is published every year

DIRTY DOZEN™

www.foodnews.org

Buy these **organic**:

1. Celery
2. Peaches
3. Strawberries
4. Apples
5. Blueberries
6. Nectarines
7. Bell Peppers
8. Spinach
9. Cherries
10. Kale/Collard & Greens
11. Potatoes
12. Grapes (Imported)

CLEAN 15™

www.foodnews.org

Lowest in pesticides

Ok to eat conventionally grown

1. Onions
2. Avocado
3. Sweet Corn
4. Pineapple
5. Mangos
6. Sweet Peas
7. Asparagus
8. Kiwi
9. Cabbage
10. Eggplant
11. Cantaloupe
12. Watermelon
13. Grapefruit
14. Sweet Potato
15. Honeydew & Melon

Meat and Poultry

- For Modified Mediterranean plans, focus on lean cuts
 - Round, chuck, sirloin, and tenderloin
 - “Choice” and “select” cuts have less fat than “prime”
- Pork and lamb
 - Best options: tenderloin, loin chops, leg
- Poultry
 - Fat content is comparable to beef if skin is consumed
 - Duck is higher in fat compared to chicken & turkey



Seafood

- Fish and shellfish
 - Fish may be fresh or salt water and are grouped by texture (delicate, moderate, or firm)
 - Flavors: mild, moderate, and full-flavored
 - Salmon & tuna: firm, full-flavored
 - Flounder & scallops: delicate with a mild flavor
 - Wild-caught seafood is strongly recommended
 - Eat a natural diet; tend to be slightly lower in saturated fat vs. farm-raised varieties¹
 - Studies demonstrate that farm-raised varieties tend to have higher concentrations of contaminants & higher incidence of disease due to farming conditions

1. Kendall Reagan Nutrition Center. Wild caught vs. farm raised seafood. <https://chhs.source.colostate.edu/wild-caught-vs-farm-raised-seafood/> Accessed July 24, 2020.

The Aisles



- Beware: This is where processed foods are located
 - Beverages
 - Cereals
 - Chips & other calorie-dense snacks
 - Sweets
- Be prepared to read labels!
 - Watch for label claims and advertising
 - “Natural” and “healthy” are marketing buzzwords aimed to grab your attention
 - Avoid products with long ingredient lists

The Aisles

- Even savory packaged foods can contain sugar!
 - Ex: pasta sauces, salad dressings, ketchup, sauces/marinades
 - Learn to identify sugar from its other names
 - www.healthline.com/nutrition/56-different-names-for-sugar#437.-Other-sugars-with-glucose-and-fructose
- Processed foods contain questionable ingredients
 - Additives & preservatives
 - Trans fats
 - Flavor enhancers (e.g.: monosodium glutamate or “MSG”)
- Keep your intake of processed foods to a minimum!

Look High and Low

- Popular brands are usually at eye level or at end caps
- Generics are usually comparable in quality, but lower in price
- Better yet, shop from the bulk foods section



Beverages

- Huge source of the following for many people:
 - Sugar in the form of high-fructose corn syrup (HFCS)
 - Caffeine
 - Artificial sweeteners (aspartame, etc.)
 - CALORIES
- Note serving sizes
 - A 12-oz. can of a popular soda contains 39 g of sugar!
 - This is equal to 2 tablespoons, plus 2 teaspoons!
- Better options: water & unsweetened green tea (high in antioxidants)



Breakfast Cereals

- Another source of excess sugar***
- Most contain a long list of ingredients:
 - Artificial flavors & colors
 - Preservatives
 - Multiple sweeteners (and calories)
- It is recommended that you avoid these
- When choosing oats, avoid the instant/flavored varieties.



***** 15 g = ~½ ounce = ~ 1 tablespoon = ~ 3 teaspoons**

Bread, Chips, Cookies, and Crackers

A collage of various snacks including crackers, chips, cookies, and candies. The background is a dark, textured surface with several white bowls containing different types of snacks. In the top left, there are round, golden-brown crackers. In the top right, there are round, golden-brown cookies. In the center, there is a large bowl of golden-brown, ridged potato chips. In the bottom left, there is a bowl of colorful, round candies. In the bottom center, there is a bowl of golden-brown, twisted pretzels. In the bottom right, there is a bowl of golden-brown, irregularly shaped cookies.

- Significant source of the following:
 - Sugar, fat, trans fats, sodium
 - Calories and refined carbohydrates!
 - Additives/preservatives (to extend shelf life)
- Choose whole-grain or 100% whole-wheat products, and limit intake according to your protocol
 - Pay attention to serving sizes; read labels
- Avoid products with partially hydrogenated vegetable oils (“trans fats”)



Pasta/Dry Goods

- Choose 100% whole wheat or whole grain varieties
- Avoid white pasta and rice
- Avoid convenience foods such as flavored rice and pasta entrée/side dishes
 - These are high in salt, sugar, fats, and calories!
- Dry beans are a great, economical, nutrient-dense protein source
 - Avoid on ketogenic plans
 - Watch your serving sizes!

Bulk Foods

- In general, a better value than packaged foods
- Great way to experiment with different beans, nuts/seeds, herbs, spices, grains
- Beware:
 - High sodium in soup mixes
 - Fat (added oils in roasted nuts)
 - Sugar in granola and other bulk “health” foods
- Good options:
 - Grains: brown rice, quinoa, amaranth, millet, whole oats
 - Beans
 - Raw & unsalted nuts, nut butters
 - Antioxidant-rich spices (turmeric, cinnamon, garlic granules)



Canned Goods

- Often contain high amounts of sodium and preservatives
 - Example: BPA (also in plastics) in the can's lining to prevent rusting
- Choose low-sodium products and rinse before preparation (this can remove up to 40% of added salt¹)
- NOTE: *In general*, it is a better idea to buy the frozen variety if the fresh one is not available; the fewer added ingredients, the better

1. American Heart Association. <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/sodium/how-to-reduce-sodium>. Accessed September 24, 2020.

Condiments

- Can be a tricky aisle (we don't generally measure condiments out)
- Read labels and pay attention to serving sizes!
 - Assess how yours measure up to those on the label—be realistic and as with “real food,” practice portion control
- Usually high in sugar, salt, preservatives, and/or dyes
- Tips:
 - Look for healthier alternatives in the health foods section
 - Make your own salad dressings (olive oil, lemon juice, + herbs)
 - Herbs & spices provide more intense flavor & phytonutrients to your foods compared to calorie-laden sauces

Dairy

A collection of various dairy products is displayed on a dark surface. In the foreground, there are several glass jars of milk and yogurt, some with lids. To the right, there are several blocks of cheese, including a large block of Swiss cheese with holes, a wedge of blue cheese, and a block of cheddar. A wooden cutting board with more cheese cubes is visible. In the background, there are several eggs, some whole and some cracked, and a bowl of white cheese. The overall scene is a variety of fresh dairy products.

- Avoid yogurt with added sugars or sugar substitutes
 - Choose yogurt with “live active cultures”
 - Kefir is another culture-containing product
 - These cultures are probiotics that can promote health benefits, especially in the context of a healthy diet
- Avoid margarine (a trans fat)
- Dairy alternatives
 - Often contain sugar; select unsweetened varieties
 - Available in the form of “milk” and yogurt
 - A good option for those with lactose intolerance
 - Often contain fewer calories compared to regular dairy products

Frozen

- Convenient, but can make or break a diet
- Stay away from pizzas, frozen entrees (including “healthy” ones), & desserts
- Choose frozen vegetables without added butter or sauces as these usually contain added salt
- A benefit to having a refrigerator stocked with many frozen veggies is that you will always have healthy options that don’t spoil!
- Frozen fruit (without added sugar or salt)—can be a great in smoothies or yogurt, or when you desire something “sweet”

Food Safety & Nutrition Websites

- Environmental Working Group
 - www.ewg.org
- World's Healthiest Foods
 - www.whfoods.org
- Center for Science in the Public Interest
 - www.cspinet.org/eating-healthy
- The Weston A. Price Foundation
 - www.westonaprice.org

