

# Planning **HEALTHY MEALS**



A Division of Health Care Service Corporation, a Mutual Legal Reserve Company,  
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Patient Educational  
Handout



Healthy eating at home starts at the grocery store! There are some strategies to shop smarter to build a healthier home.

## Grocery List

Write a grocery list before you leave for the store. A list helps you save time by not wandering in the store and save money by buying what you know you need. Other things to keep in mind is to not go to the store hungry because you may buy more than you intend and allow for some flexibility to your grocery list to buy things that may be on sale or have a coupon.

A good way to organize the list is to break it up based on the different sections of the grocery store.

Thinking about your next grocery trip fill out the following blank grocery list:

Grocery section	Items
Fruit/Vegetables	
Protein	
Dairy	
Grains	
Other	

**Tip:** Before you leave for the grocery store, see if you have more whole foods than processed foods listed in your 'other section.' Does your cart resemble MyPlate? Is about half your cart fruits and vegetables, a quarter protein, and a quarter grains?



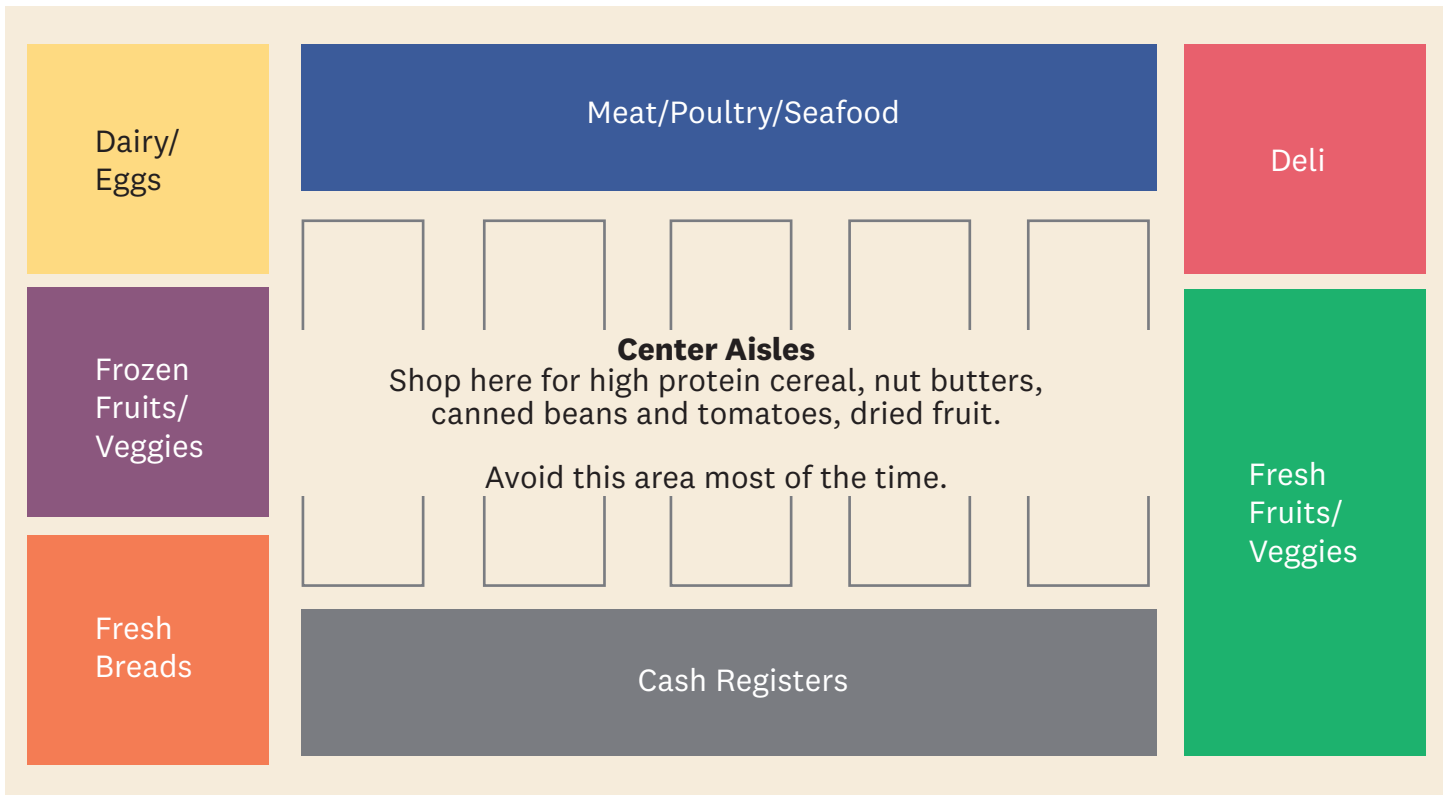
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## Shopping the perimeter of the store

Spend most of your time shopping the perimeter of the store where whole foods are found



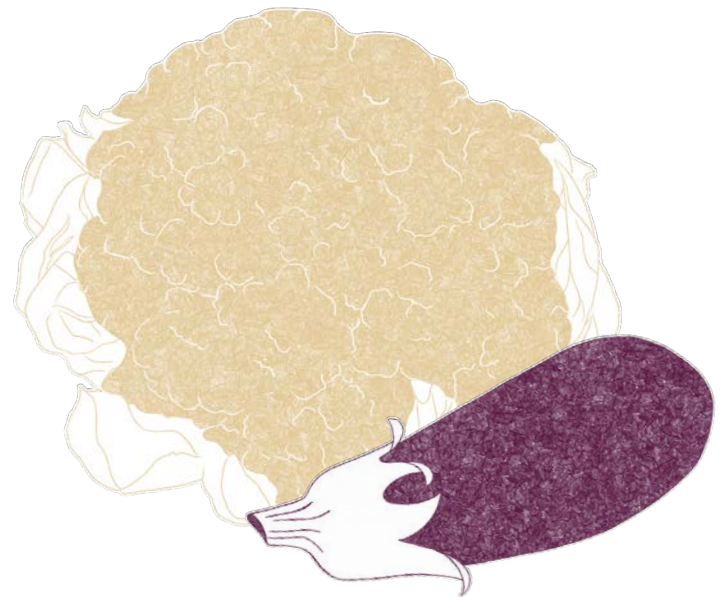
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## Reading Nutrition Facts Labels

When you do shop in the center aisles, make sure to look at the nutrition facts label to choose your best options

- A.** Check the serving size because this is what the entire label is based on
- B.** Limit items highlighted in yellow: total fat, saturated fat, trans fat, cholesterol, sodium, and added sugars
- C.** Increase the amounts highlighted in green: dietary fiber. A high fiber food is considered at least 5 grams of fiber per serving

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%



(For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.)

Take a look at some of the foods in your pantry and write down the following from the nutrition facts label:

Food Item	Saturated Fat	Sodium	Added Sugar	Total Fiber

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Look at the items you chose. Would you classify them as healthy foods? Are any of them high fiber foods (5 grams or more fiber per serving)? Are you surprised by any of the food items nutrition facts?

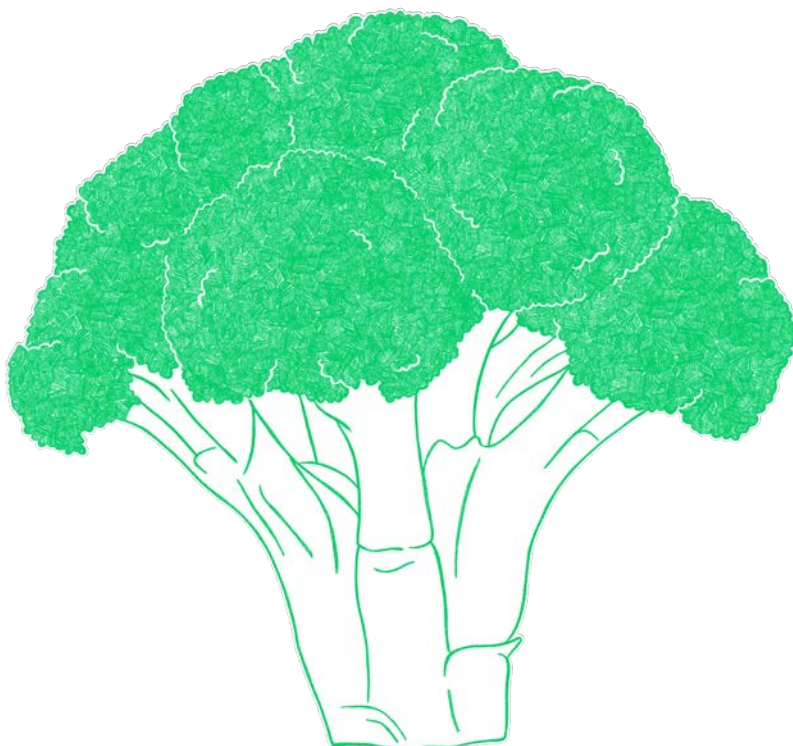
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## **Keeping Staples at Home**

Keep your staples stocked at home! Having staples readily available can help make sure that you can cook a variety of dishes on hand. Some to consider are: frozen fruit and veggies, canned goods, dry grains and legumes, your family's favorite spices and herbs, nuts and dried fruits, and flavorings like broths, oil, and vinegar.



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