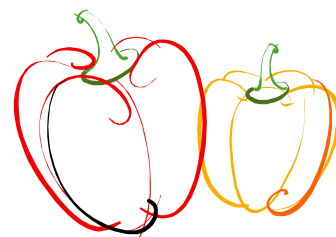


SUPERMARKET SURVIVAL:

Shopping lists are a great tool to help you reach your eating goals. A list will help you plan ahead for the next day and even the next week's meals. If you plan ahead, you will have food items on hand that you will need. The list also will help you focus on your lifestyle goals.



We offer the following suggestions of what you may want to keep on hand. Print off the list, and circle, cross-out and add items as you see fit. Make sure to keep non-perishable foods on hand so you can prepare a simple and healthy meal on short notice.

When shopping the DUET way, start your shopping adventure in the **produce section**. Produce should fill at least 1/3 of your cart. Then, stick to the outside aisles where most healthy foods are shelved. Try not to walk in the middle aisles unless you have a purpose, because that is where processed and high-fat and high sugar foods are most prevalent.

Use the Weekly Meal Planner to layout your meals for an entire week. Using the same ingredients multiple times throughout the week in different recipes will keep the cost of groceries down. You also may want to review the grocery store tour video and watch as Dr. Beth Kitchen and Corita shop for healthy foods together. Make a point of shopping with your DUET partner!

Weekly Meal Planner:

	Sunday	Mon	Tues	Wed	Thurs	Friday	Sat
Breakfast							
Lunch							
Dinner							
Snack							

DUET SHOPPING LIST

Vegetables - plan for at least 3 daily servings (1 green, 1 orange and 1 cruciferous)

- make 1st stop in Produce, next go to Frozen Foods and then canned

- Cruciferous - Broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, kohlrabi, radishes
- Green salad daily (go for dark green!) - Arugula, endive, leaf lettuce (green and red), mixed greens, romaine, spinach
- Green vegetables - Broccoli, green beans, kale, spinach, zucchini
- Onions -red, purple, green
- Orange vegetable daily - Peppers, carrots, sweet potatoes, squash
- Salsas
- Tomatoes (plain or seasoned, fresh or canned)

Other: _____

Fruit - plan for at least 2 daily servings

- make 1st stop in Produce, next go to Frozen Foods and then canned

- Buy fruit to top your cereal, desserts and snacks



- Fresh fruits (from most perishable to least: berries, bananas, peaches, melons, pears, tangerines, oranges, apples)
- Frozen fruits (berries, peaches - make sure they're sugar-free)
- Canned fruits (applesauce, apricots, fruit cocktail, peaches, pears - juice packed)
- Dried fruits (apples, apricots, plums, raisins - limit because of calories)

Other: _____

Grains - Fiber goal of 30 grams per day

- Barley, Bulgar, Faro, Kasha, Quinoa
- Bread (whole grain) - > 3 grams fiber/slice
- Brown rice, regular or instant/precooked
- Cereal - >5 grams fiber and <5 grams sugar per serving, e.g., Flax Flakes, Kashi, Oatmeal (plain), Oat Squares, Shredded Wheat
- Pasta (whole grain)
- Whole grain tortillas, pita bread, English muffins, bagels

Other: _____

Protein – limit red and processed meats

- Beans – black, pinto, kidney, lima, white, garbanzo (soup, salad), vegetarian refried fat-free beans
- Chicken or turkey breast
- Cottage cheese (nonfat)
- Egg whites
- Fat-free Greek yogurt
- Fish – fresh fish, tuna in water (avoid breaded/fried fish)
- Hummus
- Lentils
- Nuts
- Peanut butter (natural, low sugar and fat)
- Shrimp or scallops
- Soy (miso, tempeh, tofu)
- Veggie or black bean burger patties

Other: _____

Shopping for protein

As you learn to balance and incorporate the DUET dietary changes into your lifestyle it can be difficult to understand and know where to cut the fat. One of the easiest places to trim the fat in your diet is to carefully choose protein sources. When shopping, keep the following tips in mind:

- Choose fish as it has less fat than other protein-rich foods and the fat is healthier.
- When purchasing poultry choose turkey or chicken over duck
- Purchase skinless poultry, or remove the skin before preparing
- Choose light meat over dark meat
- Choose **lean** ground turkey to cut the fat in dishes such as hamburgers, lasagna, meatloaf, tacos, etc...

If you feel you must buy red meat

- Choose “skinny” cuts of meat; Look for the words “round” or “loin” when purchasing beef or “loin” or “leg” when purchasing pork or lamb.
- Purchase well-trimmed meats; 1/8-inch fat-trim or less.
- Choose ground meats with the highest lean-to fat percent ratio. (i.e. 95% lean) – better yet
- Choose leaner grades of meat;
 - “Select” grades have the least amount of marbled fat
 - “Choice” cuts have the second lowest amount of marbled fat
 - “Prime” cuts have the third lowest amount of marbled fat
- Read the label before you buy lunch meats – avoid nitrates and nitrites

Dairy (1-2 servings per day)

- Cheese – buy strong flavored cheese, e.g., sharp cheddar, blue or feta, so you can use less)
- Cottage cheese (nonfat)
- Milks (skim, almond, rice and soy)
- Sour or whipped cream (non-fat)
- Spreads (lower/nonfat products that are whipped)
- Yogurt (Greek or Non-fat)

Other: _____

Healthy Fats (1 Tbsp/day – limit due to high calorie load)

- Avocados (1/8^t – note the amount, if you can't limit – don't buy)
- Flaxseed – ground (refrigerate)
- Nuts: Almonds, hazelnuts, pistachios, walnuts)
- Oils (almond, avocado, canola, olive, or walnut oils)
- Seeds – sunflower, poppy, pumpkin, etc.

Other: _____

Free foods – low calorie items that help satisfy or take the edge off of hunger

- Broths (beef, chicken or vegetable – use low sodium if needed)
- Dill Pickles (limit, if on a low sodium diet)
- Fat-free salad dressings
- Garlic or garlic powder
- Ginger (sliced or dry)
- Herbs & Spices (chili powder, cinnamon, black or lemon pepper, etc.)
- Lemon and lime juice (pick-up extra to make homemade lemonade by adding water and Stevia)
- Mustards
- Non-stick cooking sprays-flavored or original
- Sugar-free items (like gelatin, popsicles)
- Sweeteners (Stevia, Monk fruit, etc.)
- Teas (unsweetened Black, Green or Herbal – try different flavors!)
- Vinegars (balsamic, cider, red wine, etc. – use to season vegetables)
- Water (plain or flavored)

Other: _____

Don't forget to visit the soup and frozen food aisle - Pick up cans of soup and frozen dinners that are 300 Calories or less so, you have healthy low calorie options for lunch or dinner

My Shopping List

