

Homework

Tracking

<input type="checkbox"/> Food & activity records online (myfitnesspal)	<input type="checkbox"/> Meditation practice _____ days this week
<input type="checkbox"/> Food, activity & mood journal (paper)	<input type="checkbox"/> Journal 3 pages _____ mornings this week
<input type="checkbox"/> Specific food or eating behavior goal: _____	<input type="checkbox"/> Specific action related to support system: _____
<input type="checkbox"/> Specific activity /fun goal: _____	<input type="checkbox"/> Relaxation practice _____ days this week
<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____

Notes

SUMMARY: SUPERMARKET SHOPPING

- 80% OF OUR FOOD PURCHASES ARE SPONTANEOUS; MAKE A LIST!
- 80% OF DIETARY HABITS ARE ESTABLISHED IN EARLY CHILDHOOD (BY AGE 5)
- SHOP THE PERIMETER OF THE SUPERMARKET (EXCEPT FOR THE BAKERY!)
- NOTICE THE MUSIC AND ATMOSPHERE OF THE STORE YOU ARE IN
- SHELF LIFE OF EGGS IS 4 WEEKS
- LOOK FOR "WHOLE WHEAT" AS THE FIRST INGREDIENT IN BREAD
- CHOOSING LOWER SODIUM OPTIONS WHEN BUYING CANNED PRODUCTS
- LOOK AT THE INGREDIENT LIST TO SEE WHERE "SUGAR" OR IT'S EQUIVALENT IS ON THE LIST
- DON'T SHOP WHEN YOU ARE HUNGRY!!

Basic Grocery Shopping Guide

Produce Section:

You cannot go wrong in the vegetable and fruit aisle. Throw anything that appeals to you into the cart. Think of which ones you are most likely to incorporate into your diet in the next couple days. Consider using some fruits/vegetables as snacks. Ideas:

- Bananas, oranges, apples, grapes, pears, kiwi, berries
- Spinach or other leafy greens
- Onions, garlic
- Broccoli, cauliflower, red peppers
- Celery, tomatoes, baby carrots
- Sweet potatoes, mushrooms, potatoes

Meat, poultry, fish, and deli section

- Deli turkey or lean ham
- Turkey or chicken breast cutlets
- Extra lean ground beef (7%)
- Ground turkey breast (can mix with beef)
- Grilled chicken strips
- Frozen salmon patties (wild Alaskan)
- Lean beef or pork cubes for stir-frying

Dairy case

- Reduced-fat sour cream
- Eggbeaters® or Eggs
- Skim or 1% milk
- Low-fat half-and-half
- Reduce
- Feta, string, or farmers cheese
- Parmesan cheese
- Neufchâtel cheese
- Lite margarine spread
- Low-fat vanilla yogurt and low-fat flavored yogurts
- Reduced-fat cottage cheese
- Tofu

Beverage aisle: Some popular choices from the beverage aisle include:

- Sugar-free hot chocolate mix
- Reduced-sugar fruit juice
- Herbal Teas or Iced tea
- G2 (sugar-free Gatorade)
- Reduced-sodium vegetable juice

Snack aisle:

You do not need to avoid the snack aisle. Just choose snacks that are lower calorie, pre-portioned or easy to manage portions, such as:

- Baked tortilla chips
- Salsa
- Almonds or walnuts
- Whole-grain baked crackers (Reduced-fat Triscuits, Ak-mak, Wasa)
- 100-calorie snack packs
- Graham crackers
- High-fiber cereal bars
- Reduced-fat microwaveable popcorn (mini bags)

Baking goods section:

- Nonstick cooking spray
- Whole-wheat flour
- Olive oil
- Raisins, raisins, chopped nuts (great additions to salads or home-made trailmix)
- Vinegar (try apple cider or red-wine vinegar)
- Cooking wine (red or white)
- Old-fashioned rolled oats
- Herbs and spices—if you cook frequently you probably have a large selection already, if you rarely cook, some basics to have on hand include:
 - Lemon pepper seasoning
 - Cinnamon
 - Black pepper
 - Italian seasoning

Grain section/bulk section: These items can help you make healthful meals:

- Whole-grain pasta
- Brown rice
- Couscous
- Barley
- Bulgur
- Spelt
- Whole-grain, reduced-calorie English muffins
- Whole-wheat tortillas
- Whole grain breads (Dave's Killer bread)

Canned foods : The following are easily used in quick, healthy meals & you may be helpful to keep on hand:

- Stewed tomatoes, diced tomatoes, low-sodium tomato sauce/paste
- Low-sodium spaghetti sauce
- Beans
 - black beans, chickpeas, cannellini beans, kidney beans, vegetarian refried beans
- Sun-dried tomatoes
- Canned chicken, salmon, and/or tuna
- Peanut butter (try Adams or other natural PB to avoid extra sugar & hydrogenated oils)
- Low-sodium soups (less than 600 mg sodium)

- Chunky applesauce (no sugar added)

Condiment aisle

- Low-sodium soy sauce
- Reduced-fat mayonnaise
- Reduced-fat tartar sauce
- Low-fat or fat-free salad dressings
- Mustards (basic yellow, dijon, gourmet mustards)
- Dry dressing packs that you can add to plain yogurts

Frozen foods: The frozen food aisles have many healthful choices, including:

- Vegetables
- Black-bean burgers or other soy “meat” products
- Berries
- Frozen vegetables with noodles or rice (check sodium and fat)
- Lean cuisine, healthy choice or kashi meals (add some vegetables or fruit for a filling and quick meal)
- Shrimp, scallops, salmon patties
- Whole-grain waffles
- Low-fat ice cream or Popsicles®

Nutrition Label Scavenger Hunt

Read nutrition labels on the following products, note the brands that meet the parameters and bring the completed list back to the group.

Food Item to find	Nutrition parameters	Take Note of:	Brand
Yogurt	Calories: 120 or less Protein: 6 grams or more	Ingredients:	
Crackers	Fiber: 3 grams or more Fat: 3 grams or less	Serving size:	
Cereal	Fiber: 3 grams or more Fat: 3 grams or less	Serving size: Calories:	
Soup	Fat: 10 grams or less Sodium: 800 mg or less	Serving size:	
Cottage cheese	Compare low-fat and regular	Calories: Fat: Sodium: Calories: Fat: Sodium:	
Frozen meal	Protein: 15 grams or more Sodium: 800 mg or less Calories: 350 or less		
Protein/Cereal Bar	Calories: 180 or less Protein: 8 grams or more Fat: 8 grams or less		