

# Week 6

## HEALTHY SHOPPING & MEAL PLANNING



## Meal Planning

Planning meals before you shop is one of the best things you can do to save money and provide healthy meals and snacks for your family. Everyone can participate by choosing some of the foods you buy and help in preparing them. Shopping from a list can save money by avoiding impulse buying.

### Meal planning tips:

- Plan for at least 1 meatless meal a week, use beans instead of meat.
- Stretch meats with extra vegetables and less meat in casseroles, stews, and soups.
- Serve fruit for dessert. Suggestions: parfaits with yogurt, pureed berries for pudding.
- Try at least one new dish or recipe per month, and a new vegetable.
- Introduce a new food with a favorite food - for example, kids may eat turnips if you introduce them with their favorite chicken nuggets.
- Plan for a variety of texture, flavor, and color.
- Vary food selections:
  - Chicken 2 times a week, seafood 2 times a week
  - Beef or pork once a week, meatless dish 2 days a week
  - Have at least 1 vegetable at meals
- Plan meals based on foods in season - these usually cost less. Example: potatoes and winter squash in winter. Summer squash, zucchini, green beans, corn in summer.
- Have you run out of ideas? Share meal ideas and meal plans with friends, family, neighbors, and co-workers.
- Start small - plan 2-3 meals a week, working up to planning a full week's meals at once.
- Get input from all household members! - they'll be more likely to eat what is cooked and enjoy it.
- Make a grocery list from your meal plans - this helps prevent impulse buying those things that look great in the store, but aren't needed to prepare your meals.
- Plan to use fresh produce first, then canned and frozen.
- Control serving sizes. It will save money and improve health.
- If you are still hungry, add extra fruit to cereals or vegetables to frozen meals or salads.

If you have a social or faith-based group, or co-workers, consider having a potluck meal regularly where everyone brings a healthy recipe.

You'll gain some added accountability and may find some great new ideas for recipes that keep you on the road to success.



## **HEALTHY (and less expensive) SUPERMARKET SHOPPING**

Grocery shopping is something almost all of us do. Have you ever returned from the market and wondered why you purchased some items? Keep your mind focused on your list while you shop and avoid buying things you don't need.

### **Eat healthier and save money:**

- Plan your meals and make a list based on the order foods are stocked in the supermarket.
- Check grocery advertisements online or in the newspaper. Find out when your grocer receives shipments and plan to shop on those days.
- Never shop hungry - it leads to impulse buying.
- Kids or family members that encourage you to buy unhealthy foods should stay home!
- Avoid items stocked at eye level in the store - many are just items grocers want to move and may not be the best buy. Look at the higher and lower shelves.
- Avoid convenience items. Make fresh potatoes instead of box potatoes.
- Instead of rice & pasta mixes, add herbs & spices to plain noodles or rice to reduce salt and calorie intake.
- Watch the scanner. Make sure the price on items scans correctly.
- Limit your trips to the supermarket to once a week or less - the more you go, the more likely you are to buy things you don't need or should avoid.
- Watch for sales on over-sized packages of meat & freeze for future use.
- Larger amounts may be cheaper, but if it spoils before you use it, you've wasted your money.
- Shop at produce markets or grow your own fruits, vegetables, herbs and spices.
- When considering pre-packaged meals of dishes, decide if time or price is more important. Remember, time can't be replaced.
- Buy plain popcorn and an air-popper to save money and make this a healthier snack.
- Save money by cutting up vegetables and fruit and grating your own cheese.
- If low-sodium or no-salt-added canned vegetables aren't available, rinse canned vegetables with water before using to remove some of the sodium/salt.

**Beware:** Stores use skillful market techniques to encourage buying items that you may not need:

- Pretty flowers placed at the front or near the check-out area.
- Staples like bread and milk are near the back of the store so you must walk through the aisles.
- Impulse buys at the check-out line are easy to see - candy, magazines, gift cards.
- Food samples throughout the store encourage you to buy.
- Bakery items with great smells at the front.
- Banking/ATMs, pharmacies, make-up, lottery sales, movie rentals all keep you in the store longer which encourages extra buying. Call your prescription in ahead of time so you don't have to wait.



## **Quick and Easy Snack Ideas**

### **Quick Snack Ideas:**

1. Triscuits or other whole-wheat crackers with tuna mixed with low-fat mayonnaise and onions. Add carrot and bell pepper strips on the side for extra crunch. Add a cheese stick and yogurt for bone-building calcium.
2. Homemade trail mix with mixed nuts, dried fruit such as apricots (high in iron), raisins, dried cranberries or blueberries, whole grain cereal, and popcorn. Make it ahead of time for a quick and healthy option that can be carried anywhere without refrigeration.
3. Fresh fruit with yogurt, topped with a small amount of low-fat granola or high-fiber cereal. Vary your fruit and cereals to prevent boredom.

### **If you're going for fast food, here are some guidelines:**

- Limit fried and breaded items.
- Avoid double meat, cheese, bacon.
- Request whole wheat breads or buns.
- Add extra vegetables to sandwiches like lettuce, tomato, and onion.
- Instead of fries, choose fruit or vegetables. (Ketchup is not a vegetable!)
- Instead of sodas or tea, have low-fat milk or water.

### **Other Important Tips:**

- Always have at least 1 fruit or vegetable at each meal or snack - aim for 2 to 4 cups a day. Fresh fruit is available at most convenience stores.
- Choose a supermarket instead of fast food for a quick, healthier meal such as cheese sticks, yogurt, fruit, whole grain rolls, or bagels.
- To feel satisfied choose:  
Protein sources such as meats, nuts & peanut butter, eggs, yogurt, cheese, milk, soy products  
Fiber from fruit & vegetables, or whole grains.\*

\*A whole grain product means "Whole" should be first on the list of ingredients on all bread, cereal, rice, pasta, or crackers. This can be tricky: "12-grain" or "multi-grain" products are NOT always a whole grain. The US Dietary Guideline recommends at least ½ our grain choices be "whole grain".

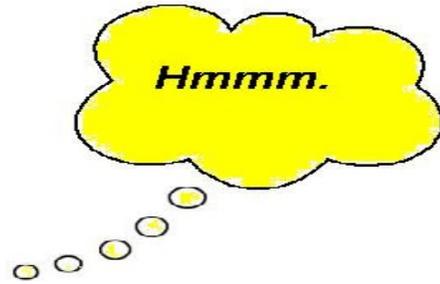
## **QUICK, EASY MEALS IN 15 MINUTES OR LESS**

### **Meal Ideas**

1. Soy burger or chicken (try them from the frozen food section) topped with 1 slice fat-free cheese, spinach or another dark leafy green, sliced tomatoes, and onions on a whole-wheat bun. Microwave a sweet potato and top with cinnamon and 10 walnuts for a healthy dose of omega 3 fatty acids.
2. Salad of mixed dark leafy greens, garbanzo beans, carrots, tomatoes, and left-over chicken breast cut into strips. Instead of croutons for crunch, choose nuts - sunflower seeds, walnuts, cashews, almonds, etc. Lightly drizzle with olive oil & vinegar.
3. Rotisserie chicken from supermarket, a sweet potato, frozen spinach. Microwave the vegetables in under 10 minutes. The chicken is already done!
4. Leftover chicken cut into strips. Prepare instant brown rice and heat up canned black or pinto beans. Roll chicken in a whole wheat or corn tortilla. Cut raw carrots, celery, broccoli, cauliflower, and bell pepper strips on the side with low fat dip.
5. Brown extra lean ground beef (Or use a "soy crumbles" product - they come already browned—microwave for 2 minutes to heat up). Top with a jar of spaghetti sauce (save some meatless sauce for another meal-see below). Boil water and add whole wheat pasta. Microwave frozen corn on the cob or any vegetable. If you have extra time, chop onions, bell peppers, and fresh tomatoes to add to the sauce.
6. For chili, use leftover spaghetti sauce and add canned kidney beans, chili powder, and chopped tomatoes.
7. Homemade pizzas. Use leftover meatless spaghetti sauce and put on half of a bagel or English Muffin. Top with low-fat cheese and deli-sliced ham or go meatless. Broil in the oven. Side-salad: Mixed greens with mandarin oranges, almond slivers, dried cranberries, and canned chicken - or go meatless.
8. Broil frozen marinated fish. Heat greens and black eyed peas in the microwave.
9. Tuna melt: Tuna salad mixed with celery, onions and walnuts or almonds. Top with cheese and place on toasted whole wheat bread. Broil in the oven to melt the cheese. Add baked potato and steamed broccoli on the side.
10. Fruit salad of favorite fruit with fat-free yogurt or low-fat cheese or cottage cheese.

**Optional:**

Reflection and Test your Knowledge questions.



**Reflection:** After reviewing this week's lesson, think about the topic discussed and how it relates to you

1. When you go grocery do you make a list and stick to the list at the store?
2. Have you ever shopped on an empty stomach? Do you find that you spend more money or buy foods you know you should avoid?
3. How often you do plan your meals and do you find it helpful?

**Test your knowledge**

1. List at least 3 ways to eat healthier and save money.
2. List at least 3 meal planning tips.
3. What are 2 guidelines to follow when ordering fast foods?

**Do you have any specific questions or need advice?  
Click the button below to "Ask the Dietitian"**



## Mid– Point Post-Test

If you missed any of the answers, review your lessons. The answers are all there!

1. Do you know your BMI (Body Mass Index) number? No Yes, my number is \_\_\_\_\_
2. Do you know into which category that number fits? No Yes, I am (circle answer)
  - a. Normal
  - b. Overweight
  - c. Obese
  - d. Extremely Obese
3. Have you increased your physical activity? Yes No
4. Are you now eating more fruit and vegetables? Yes No
5. Which of the following represents the correct serving size of meat?
  - a. postage stamp
  - b. deck of cards
  - c. compact disk
  - d. 5" x 7" note pad
6. How many cups of fruit and vegetables should adults eat every day?
  - a. 2 to 4 cups
  - b. 1 cup
  - c. 6 to 8 cups
  - d. 1/2 cup
7. Which colors of fruits or vegetables should adults choose daily?
  - a. white only
  - b. white and yellow only
  - c. bright orange and green
  - d. bright green only
8. Some herbs and spices that can substitute for sweet flavor: (circle all that apply)
  - a. Cinnamon
  - b. Cloves
  - c. Cilantro
  - d. none
9. What foods are considered carbohydrates? (circle all that apply)
  - a. Bread
  - b. Broccoli
  - c. Cheese
  - d. Blueberries
10. What are some things you can do to eat healthier and save money when grocery shopping ? (circle all that apply)
  - a. Make a shopping list and stick to it
  - b. Go shopping hungry
  - c. Limit trips to the supermarket
  - d. Purchase convenience items

**Compare your answers to the pre-test you took when you began.  
Did you learn anything new?**

## How did you do?

If you missed any, review your lessons. The answers are all there!

1. Do you know your BMI (Body Mass Index) number? No Yes My number is\_\_\_\_\_
2. Do you know into which category that number fits? No Yes, I am (circle answer)
  - a. Normal
  - b. Overweight
  - c. Obese
  - d. Extremely Obese
3. Have you increased your physical activity? Yes No
4. Are you now eating more fruit and vegetables? Yes No
5. Which of the following represents the correct serving size of meat?
  - a. postage stamp
  - b. deck of cards (lesson 3)**
  - c. compact disk
  - d. 5" x 7" note pad
6. How many cups of fruit and vegetables should adults eat every day?
  - a. 2 to 4 cups (lesson 3)**
  - b. 1 cup
  - c. 6 to 8 cups
  - d. 1/2 cup
7. Which colors of fruits or vegetables should adults choose daily?
  - a. white only
  - b. white and yellow only
  - c. bright orange and green (lesson 3)**
  - d. bright green only
8. Some herbs and spices that can substitute for sweet flavor: (circle all that apply)
  - a. Cinnamon**
  - b. Cloves (lesson 5)**
  - c. Cilantro
  - d. None
9. What foods are considered carbohydrates? (circle all that apply)
  - a. Bread**
  - b. Broccoli**
  - c. Cheese
  - d. Blueberries (lesson 4)**
10. What are some things you can do to eat healthier and save money when grocery shopping ? (circle all that apply)
  - a. Make a shopping list and stick to it**
  - b. Go shopping hungry
  - c. Limit trips to the supermarket (lesson 6)**
  - d. Purchase convenience items