

HEALTHY SHOPPING

TIPS FOR FOODS TO BUY



The key to eating well with regularity is preparation. It is now easier than ever for families to eat healthy, nutritious meals. Most ordinary supermarkets now carry organic and healthier brands. The key is to know what to look for. The following are some general shopping tips:

PRODUCE

Organic produce might be more expensive, but it can be a wise purchase, especially with certain foods that naturally store a lot of pesticides. Some examples are: spinach, lettuce, apples, bell peppers, celery, imported grapes, potatoes, and strawberries. The Environmental Working Group provides a shopper's guide to pesticides at www.foodnews.org.

Ideally, all produce should be fresh, ripe, in season and locally grown. Frozen organic fruit is a great choice for foods like berries that are very nutritious, low glycemic, but often out of season in most parts of the country.

MEAT, POULTRY, EGGS, AND DAIRY

Although harder to find than produce, free-range, hormone and antibiotic-free meats and organic milk should be used whenever possible.

Eggs should also be organic or free-range and antibiotic and hormone-free poultry. Because it isn't always easy to get fish high in omega-3 fatty acids into our diets, it is especially beneficial to choose eggs labeled as high omega-3, which means that these important fatty acids were fed to the chickens. Other practical sources of omega-3 fatty acids are walnuts, flax oil, and flax seeds.

SEAFOOD

It is becoming increasingly more important to eat wild-caught, non-farm-raised fish or seafood and also to limit those fish high in mercury from the diet such as tuna, swordfish, and shark.

For people who are used to eating tuna fish several times a week, canned wild salmon which is now in many traditional super markets makes a good alternative. It can be prepared the same way as traditional tuna salad and is high in omega-3 fatty acids.

BUY WHOLE FRESH FOODS

It is always best to buy whole fresh foods whenever possible. In cases where this is not always practical, it is more nutritious to use frozen than canned foods. Certain foods like beans, broths, and sauces are fine from cans or jars when you are rushed and don't have time to prepare from scratch.

PRODUCE IN SEASON

WINTER	SPRING	SUMMER	FALL
Apples	Apples	Apples	Apples
Avocado	Apricots	Apricots	Bananas
Bananas	Asparagus	Avocado	Beets
Beets	Avocado	Bananas	Bell Peppers
Brussels Sprouts	Bananas	Beets	Broccoli
Cabbage	Broccoli	Bell Peppers	Brussels Sprouts
Carrots	Cabbage	Blackberries	Cabbage
Celery	Carrots	Blueberries	Carrots
Grapefruit	Celery	Carrots	Cauliflower
Kale	Collard Greens	Cantaloupe	Celery
Leeks	Garlic	Celery	Collard Greens
Lemons	Lettuce	Cherries	Cranberries
Onions	Mushrooms	Collard Greens	Garlic
Oranges	Onions	Corn	Grapes
Parsnips	Peas	Cucumbers	Green Beans
Pears	Pineapple	Eggplant	Kale
Pineapple	Radishes	Garlic	Lettuce
Potatoes	Rhubarb	Green Beans	Mangos
Pumpkins	Spinach	Honeydew	Mushrooms
Rutabagas	Strawberries	Kiwi	Onions
Sweet Potatoes	Swiss Chard	Lima Beans	Parsnips
Turnips	Turnips	Mangos	Peas
Winter Squash		Nectarines	Pears
Yams		Okra	Pineapple
		Peaches	Potatoes
		Plums	Pumpkins
		Raspberries	Radishes
		Strawberries	Raspberries
		Summer Squash	Rutabagas
		Tomatillos	Spinach
		Tomatoes	Sweet Potatoes
		Watermelon	Swiss Chard
		Zucchini	Turnips
			Winter Squash