**Heart-Healthy Shopping Tips**

* Shop the outside edges of the store for healthier foods
* Choose less processed foods most often– look for foods without a lot of added sugar, fat or salt.

**Produce Section**

Fresh fruits and vegetables are healthy foods usually found in the outer edges of the store. These do not have added fats, sugar, or salt.

* Buy fruits and vegetables in season for better flavor and price.
* Choose a rainbow of different colors of fruits and vegetables to get a wide variety of nutrients.

When you buy frozen or canned produce, read the labels:

* Look for types that do not have anything added to the fruits or vegetables, such as sauces, high sodium seasonings, or syrups or sugar.
* Canned vegetables may be high in sodium. However, you can enjoy many lower-sodium or salt-free varieties.
* Stock up when items are on sale, but be sure to make a plan for eating them all.

**Cereals, Breads and Grains**

Choose breads and cereals that are made from whole grains and are good sources of fiber. The minimum recommendation for fiber intake is 25-30 grams per day.

* Look for products with whole grains (such as whole wheat, rye, or oats) as the first ingredient.
* Choose breads with at least 2-3 grams (g) fiber per serving.
* Select cereals that contain at least 3- 5 g fiber per serving.
* Look for added sugars on cereal labels. Choose cereals that are low in added sugar (5 grams or less per serving)

**Milk, Dairy and Dairy Alternatives**

When choosing milk or dairy products, pick nonfat or low-fat types:

* Choose nonfat (skim) or 1% fat fluid milk, cottage cheese and yogurt.
* Look for tasty cheeses that are low in saturated fat, such as Swiss or Feta. Choose them more often than whole fat cheeses.
* Items like sour cream, cream cheese and ice cream should be treated as extras and eaten in moderation. They do not count as servings of dairy foods.
* Select plain yogurt without added sugar. Add your own fresh or frozen fruit to control added sugar.
* If you are using milk alternatives (soy milk, almond milk), choose varieties with added calcium and vitamin D. Avoid flavored milk alternatives that contain added sugar. Read the ingredient labels to see if a form of sugar is added to the product.

**Protein Foods**

You can get protein from animal or plant food sources. Poultry, fish, beef and pork are animal sources of protein. Dried beans, and soy products are vegetable proteins.

* When choosing chicken or other poultry, look for breast or white meat without the skin.
* When choosing beef and veal, pick cuts without much marbling (fat). Healthy types include round steak, tenderloin, and sirloin tips.
* Lean center cuts are the best cuts of pork and lamb.
* You can buy any type of fresh fish that you enjoy. Do not always choose the same kind because some types may contain mercury or other contaminants that you don’t want to eat in large amounts.  Avoid processed fish products such as fish sticks or patties and breaded filets.
* Add vegetarian entrees and vegetable protein foods, like beans, veggie burgers, or tofu. Look for products that are low in saturated fat and sodium and high in fiber.
* Whole eggs, egg whites and egg substitutes

**Other Foods**

* Convenience foods, such as canned soups, pasta sauces, and prepackaged or frozen dinner entrees and side dishes, can be high in sodium and/or fat. Read labels and choose carefully or make your own from scratch.
* Nuts and seeds make good snacks, but are higher in calories. Choose low sodium versions and eat them in moderation. Plain popcorn makes a great whole grain snack. If you add butter and salt, use them in very small amounts. Fresh fruit, raw vegetable sticks with low-fat dip and nonfat or low-fat frozen yogurt are also good snack choices
* Look for snacks and spreads that are free of trans fat. If the ingredients include hydrogenated oil, then the food has trans fat.
* There are many kinds of reduced-fat and fat-free or sugar-free candies, cakes, cookies, pastries, and frozen desserts. However, many fat-free, low-fat or sugar-free foods are high in calories and low in healthy nutrients. Also, many of these food products are expensive and highly processed. Eat only occasionally, if at all.