

# HEART HEALTHY SHOPPING: A GROCERY GUIDE



## SHOP WITH CONFIDENCE

Grocery shopping can be frustrating and take longer than expected if you're unsure what to buy. Use this guide to help find lower sodium/fat/cholesterol options and stock up on foods that will benefit your body and heart.

### HEART-CHECK MARK

Foods marked with the American Heart Association heart-check mark are required to meet specific criteria for:

- Nutrients
- Fat
- Sodium

There are 1,000's of items stamped with this mark, which are always good options to look for.

\*To learn more about these criteria visit:

<https://www.heart.org/entry/healthy-living/healthy-eating/heart-check-foods/check-for-the-heart-check-mark-infographic>

### AISLE SMARTS

Many heart healthy items will be found around the perimeter of your grocery store. These items are fresh and minimally processed however you still need to BEWARE! There are also very processed foods mixed in. Likewise, there are also heart healthy options mixed in with items down grocery aisles.

### CHECK THE LABEL

Make sure to read and compare food labels. Choose food options with the lowest fat, sodium and cholesterol content. Certain brands or manufacturers may have more or less than others. Others may have clear labeling that makes statements such as "no-salt-added" or you can look for those labeled with the Heart-Check mark.

Keep in mind serving sizes when preparing foods as well. If doubling the portion, remember to also double everything listed on the Nutrition Facts Label.

### FRESH, CANNED OR FROZEN?

Any of these food items can be heart healthy! Things to consider include:

Taking advantage of fresh fruit when it is in-season and make it a point to try colorful fruits or dark, green vegetables such as kale, spinach or broccoli.

Buying canned fruit packed in water, fruit juice or light syrup, NOT heavy syrup.

Choosing lower sodium canned veggies and beans which may be rinsed before using to reduce sodium even more.

Choosing frozen fruit without added sugars and frozen vegetables without added sauces or seasonings.

### WHOLE GRAINS

- Whole wheat bread (at least 2 gm fiber/svg)
- Whole wheat bagels/muffins/tortillas
- Whole grain cereal (at least 5 gm fiber/svg)
- Whole wheat or whole grain pasta
- Homemade granola (using allowed ingredients)
- Whole grain crackers
- Brown or wild rice -quinoa
- Oatmeal

### LOWFAT & NONFAT DAIRY

- Low-fat, low-sodium cheese
- Low-fat/fat-free milk or unsweetened/fortified plant-based
- Low-fat/fat-free yogurt
- Low-fat cottage cheese
- Low-fat/fat-free cream cheese
- Milks

## HAVE QUESTIONS OR NEED ADDITIONAL INFORMATION?

Please contact Martine Altieri, PA-C, MHS at 561-338-8884

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## FRUITS & VEGETABLES

- Fresh fruit (such as berries, citrus, melons)
- Fresh vegetables (such as carrot, broccoli, tomato, green bean, bell peppers)
- Pre-washed salad mixes
- Baby spinach or kale
- Canned, frozen or dried fruits (without added sugars)
- Frozen vegetables (without added sauces or seasonings)
- Frozen 'steamable' vegetables (without added sauces or seasonings)
- Sweet potatoes
- Winter squashes -green peas
- Corn
- Avocado

## PROTEIN

- Skinless chicken and turkey
- Low sodium, low fat turkey or chicken deli meat
- OCCASIONAL loin and round cuts of meat
- Fish & shellfish (especially oily fish such as salmon, mackerel, bluefish, swordfish, trout, sardines, herring)
- Pork tenderloin
- Turkey burgers or veggie burgers
- Tofu
- Egg substitute
- Eggs in moderation

## MISCELLANEOUS

- Herbs and spices (such as garlic powder, onion powder and ginger)
- Vinegars
- Salt substitutes (such as Mrs. DASH or other dietitian-approved salt sub)

## NUTS & LEGUMES

- Canned beans (such as kidney, pinto, black beans, lima beans, chickpeas, blacked-eyed peas; rinsed to remove excess sodium)
- Lentils
- Hummus
- Natural, unsalted peanut butter, almond butter, soy nut butter
- Unsalted nuts and seeds

## DESSERTS & SNACKS

- Fat-free pudding or Jell-O
- Graham crackers
- Baked or grilled fruits
- Vanilla wafers
- Low fat/low sodium baked chips or pretzels
- Low fat frozen yogurt, fruit bars or fudgesicles

## OILS, SAUCES & CONDIMENTS

- Soft margarines with no trans fats and low saturated fats
- Canola, safflower, sunflower, soybean or olive oil
- Non-stick cooking spray
- Light or low-fat mayonnaise
- Oil-based salad dressings (such as vinaigrettes)

\*Note: Avoid coconut, coconut oil, cocoa butter, palm kernel, and palm oils, which are all high in saturated fat.

\*\*Keep in mind all butter blends or margarines likely contain unhealthy plant oils and additives such as food coloring, fillers and gums.

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