

## Grocery Shopping: Choosing Healthier Alternatives

This week, we want to encourage you to seek healthier alternatives to your old favorites at the grocery store. Replacing high-calorie, high-fat, or nutrient-poor foods with more nutritious choices is a great way to lose or maintain weight and build healthy lifelong habits.

	Instead of...	Try...	Why?
In the dairy department:	Sour cream	Plain lowfat Greek yogurt	1 cup of lowfat sour cream packs 330 calories, 18 g saturated fat, and 8 g protein. The same amount of lowfat Greek yogurt has about 180 calories, 3 g saturated fat, and 22 g protein. Greek yogurt also contains almost double the amount of calcium you'll find in sour cream.
	Whole milk	Reduced fat or lowfat milk or almond milk	One 8 oz glass of whole milk contains 149 calories and 4.6 g of saturated fat, compared to 122 calories and 3.1 g saturated fat for reduced fat milk and 102 calories and 1.5 g saturated fat for lowfat milk. The same amount of almond milk contains 60 calories and 0 g saturated fat, but keep in mind, it has only 1 g protein compared to 8 g in dairy milk.
	Prepackaged flavored yogurt cups	Plain lowfat yogurt (regular or Greek) and fresh fruit	The real villain here is sugar; some flavored yogurt varieties contain over 6 tsp of sugar in one serving. If you're craving a little sweetness, add fresh fruit or one teaspoon of honey to plain yogurt. As for Greek v. Regular? The straining process used to make Greek yogurt does give it a slight edge in nutrients. One serving of plain lowfat Greek yogurt contains more protein, less sodium, and, because lactose is strained out along with whey, less sugar and carbohydrates than regular yogurt. However, that straining process also removes calcium, leaving regular yogurt with about 3 times as much as Greek. So go with what you like; just make sure to buy it plain and liven it up at home.
In the meats/deli department:	Regular ground beef	Ground turkey or extra-lean ground beef	Saturated fat should make up less than 10% of your total caloric intake, and ground turkey generally contains less saturated fat than ground beef. When buying ground beef or turkey, look for varieties that are 90% lean or higher. A "regular" 3.5-ounce 70%-lean ground beef patty contains over 11 g of saturated fat. Choosing a 93%-lean turkey patty or a 95%-lean ground beef patty will cut your saturated fat intake down to less than 3 grams.
	Bacon or sausage	Canadian bacon or lean ham	Both regular bacon and breakfast sausage are high in calories, saturated fat, cholesterol, sodium, and nitrates. If you must have a side of meat with breakfast, choose Canadian bacon (which is cut from the loin rather than the belly of the pig, and is therefore much leaner than regular bacon) or lean, low-sodium ham.

	Chicken thighs or legs	Chicken breasts	Although dark meat does contain more vitamin A, iron, and zinc, chicken breasts contain more protein, magnesium, niacin, and phosphorus, and less cholesterol. Most importantly, chicken breast meat contains less than half of the total fat and saturated fat of dark meat.
In the pasta/grains aisles:	White rice	Brown rice, wild rice, or quinoa	The daily requirement for fiber for adults up to age 50 is 38 g for males and 25 g for females. Making the switch from white, processed grains to whole grains will significantly boost the fiber content of your diet. While the calories are about the same in white and brown rice, 1 cup of white rice contains 0.6 g of fiber, while 1 cup of brown rice contains 3.5 g of fiber. Whole-wheat pasta boasts 5-6 g of fiber per serving vs. a wimpy 2 g in traditional white pasta.
	White bread	100% whole wheat or whole grain bread	
	Flour tortillas	Corn or whole wheat tortillas	
In the snack foods aisles:	Potato chips and dip	Sliced vegetables and hummus	Potato chips are high in fat, calories, and sodium (a 1-oz serving, or about 15 chips, contains about 10 g of fat, 154 calories, and 120-180 mg of sodium - and who stops at one ounce?). Chips are also low in vitamins and minerals, and they tend to displace more nutrient-rich foods in your diet. Think of snack time as a chance to add more fiber and protein into your day, and keep veggies, fruits, nuts, and seeds on hand to stave off mid-day hunger.
		Homemade veggie chips	
		Mixed nuts	