



Tips on making better choices in each food group for weight management

■ Dairy

- Choose low-fat options
 - Same protein, vitamin D, and calcium as full-fat
- Protein can help with you stay fuller longer, which can be beneficial in weight management

■ Grains

- Make at least half your grains whole grains
- Look for the whole grain icon on your Coborn's shelf tag to ensure it is whole grain
- Be sure the first ingredient is 'whole wheat' or 'whole grain'
- Whole grains provide:
 - B vitamins which are important for metabolism
 - Fiber to improve satiety and aid in digestion

■ Fruits and vegetables

- Fruits and vegetables provide vitamins, minerals, fiber and antioxidants that help to:
 - Promote overall health
 - Increase immunity
 - Aid in digestion

■ Heart healthy fats

- We need healthy fats to absorb fat-soluble vitamins like vitamins A, D, E and K.
- Promote the feeling of fullness.
- Can help improve good cholesterol levels

■ Condiments

- Be sure to watch for added sugars and high sodium in these products.
- Watch portions as well as they can add a lot of calories in a very small amount.
- Always look for the Dietitian's Choice.

■ Protein

- Protein is an essential nutrient in promoting lean muscle mass and helping us feel fuller longer, among other benefits.
- It is important to note that one should be getting 20-30 grams of protein per meal and some protein with all snacks in order to promote satiety.

■ Beverages

- Fat-free and 1% milk
- 100% juice (limit to 4 oz servings)
- Water
- Sugar-free beverages



More information at celebratemore.com/dietitians

Available at all





**registered
dietitian team**

Weight management shopping list

■ Dairy

1% white cow's milk
Low fat or fat free yogurt with
<10g of sugar
1% cottage cheese
Plain Greek yogurt in place of
sour cream
Reduced fat shredded cheese
Light string cheese
Land O'Lakes light butter
with canola oil
Spray butter

■ Grains

Seeds of Change
microwavable packets
Uncle bens microwavable
whole grains - *check for DC**
Full Circle whole grain blends
Food Club whole wheat pasta
Ronzoni Smart Taste pasta
Kashi whole grain
frozen waffles
Sara Lee Delightful
100% whole wheat bread
BelVita snacks

■ Beverages

All calorie free beverages
unless its low-fat milk
La Croix or
other sparkling water
Crystal light
Ice
G2
Bubly

■ Fruits and vegetables

All the produce in all forms,
fresh frozen canned, dried
(*make sure there is
no sugar added*)

Canned - no salt added
or drain and rinse for
2-4 minutes to reduce
sodium by up to 40%,
canned fruit in 100% juice,
raisins, craisins 50% less
sugar, dried fruits with only
dried fruits as the ingredients

Frozen - choose plain,
lightly sauced and low
sodium varieties -
*labeled with DC**

Larabars

■ Heart healthy fats

Extra Virgin Olive Oil
Canola Oil
Smude's Sunflower oil
Walnuts
Almonds
Chia seed
Ground flax seed
Avocados
Salmon (*canned and fresh*)
Tuna (*canned and fresh*)
Smuckers natural
peanut butter
Full circle almond butter
Kind Bars
Larabars

■ Protein

**See our meat and seafood
handout for the leanest
cuts of meat**

Eggs
Tofu
1% milk
Oikos triple zero
Yoplait Greek 100
Smuckers natural
peanut butter
Full circle almond butter
Walnuts
Almonds
Sunflower seeds
Pumpkin seeds
Peanuts
Pistachios
Reduced fat cheese
1% cottage cheese
Canned beans
lentils
Hummus
Quinoa
Banza pasta
Canned tuna
Canned salmon
Hormel no salt added
canned chicken



* DC = Dietitian's Choice.
Look for the logo
on the shelf tag.