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

### Dairy

- Choose low-fat or fat-free dairy products. They
  offer the same essential nutrients—protein,
  vitamin D and calcium—as full fat options
- Choose low or no added sugar options when it comes to dairy foods like yogurt and kefir

**Dairy fun fact:** Protein-rich dairy foods can help you feel full longer, which may support weight control!

#### Grains

- Aim for at least half of your grains to be whole grains
- Choose products where the first ingredient is listed as "whole grain" or "whole wheat"

Whole grain fun fact: Whole grains provide b vitamins that support metabolism along with dietary fiber to enhance fullness and improve digestion!

# ■ Fruits and Vegetables

- Keep a variety of fruits and vegetables on hand (think fresh, frozen, canned)
- Select frozen fruits that contain no added sugars or sauces
- Opt for canned fruits packed in 100% juice

**Fruit and vegetable fun fact:** Frozen and canned fruits and vegetables are just as nutritious as fresh!

# Heart Healthy Fats

- Include healthy fats to help your body absorb fat-soluble vitamins (A, D, E and K)
- Prioritize unsaturated fats while limiting saturated fats
- On nutrition labels, look for monounsaturated and polyunsaturated fats—these are the unsaturated fats.

**Fun fact:** unsaturated fats can help improve good cholesterol levels

#### Condiments

- Watch for added sugars and excess sodium
- Use in moderation, as small amounts can be high in calories
- Opt for items labeled with the "Dietitian's Choice" symbol

#### Protein

- Choose lean protein options
- Look for keywords like "chop", "loin" and "round" to spot lean cuts of meat
- Aim to include a mix of animal and plant protein sources

**Protein fun fact:** Protein is the most satiating macronutrient!

#### Beverages

Select better-for-you beverage options such as:

- Fat-free or 1% milk
- 100% juice
- Sugar-free beverages

Scan here to get connected with our Registered Dietitian Team.

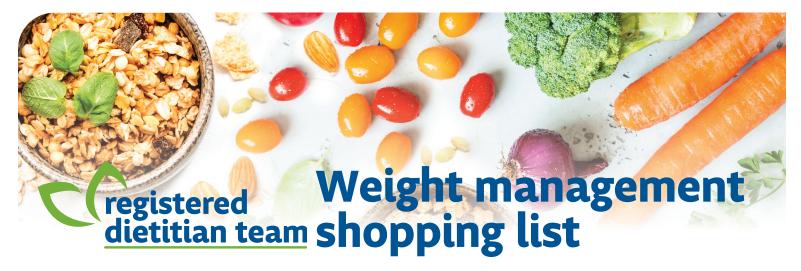


They are available to answer your nutrition questions, share recipes, and provide resources.









## **Dairy**

- Fat-free or 1% white cow's milk
- Low fat or fat free yogurt with <5 g added sugar
- Fat-free or 1% cottage cheese
- Nonfat, plain Greek yogurt (dietitian-tip: use in place of sour cream)
- Reduced fat shredded cheese
- Light string cheese
- Butter spreads with
   2 g saturated fat
- Spray butter

#### **Grains**

- Minute rice & quinoa
- Uncle Ben's microwavable whole grains
- Food Club whole wheat pasta
- Birds Eye frozen brown rice
- Sara Lee 100% whole wheat bread
- Mission whole wheat tortillas
- Food Club oats
- Triscuits crackers

#### **Beverages**

- Sparkling water (Waterloo, La Croix, Bubly)
- Culture Pop
- Crystal Light
- Unsweetened milk alternatives

# Fruits and vegetables

- All fresh produce
- 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 fruit as the only ingredient
- Frozen choose plain, lightly sauced and low sodium varieties labeled with DC\*

# **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,
   Old Home or Crazy
   Richard's peanut butter
- Full circle almond butter
- Kind Bars

#### **Protein**

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

- Eggs
- Tofu
- 1% milk
- Oikos triple zero
- Too Good yogurt
- Full circle almond butter
- Walnuts
- Almonds
- Sunflower seeds
- Pumpkin seeds
- Peanuts
- Pistachios
- Reduced fat cheese
- 1% cottage cheese
- Canned beans
- Lentils
- Quinoa
- Banza pasta
- Canned tuna
- Canned salmon
- Wild Planet canned chicken
- Beyond beef
- Birds Eye frozen edamame

# choice

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