



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!

■ Beverages

Select better-for-you beverage options such as:

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

■ 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!

Scan here to get connected with our Registered Dietitian Team.



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





registered dietitian team **Weight management shopping list**

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



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