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Healthy Eating Starts with Healthy Food Shopping



The new National Heart, Lung, and Blood Institute Obesity Guidelines say that you can reduce the time you spend cooking healthy by using a shopping list and keeping a well-stocked kitchen. Read the labels as you shop and pay attention to serving size and servings per container. Compare the total calories in similar products and choose the lowest calorie ones.

So, shop for quick low fat food items and fill your kitchen cupboards with a supply of lower calorie basics like the following:

- Fat free or low fat milk, yogurt, cheese, and cottage cheese
- Light or diet margarine
- Eggs/Egg substitutes



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- Sandwich breads, bagels, pita bread, English muffins
 - Soft corn tortillas, low fat flour tortillas
 - Low fat, low sodium crackers
 - Plain cereal, dry or cooked
 - Rice, pasta

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- White meat chicken or turkey (remove skin)
 - Fish and shellfish (not battered)
 - Beef: round, sirloin, chuck arm, loin and extra lean ground beef
 - Pork: leg, shoulder, tenderloin



- Dry beans and peas
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- Fresh, frozen, canned fruits in light syrup or juice
 - Fresh, frozen, or no salt added canned vegetables
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- Low fat or nonfat salad dressings
- Mustard and catsup
- Jam, jelly, or honey
- Herbs and spices
- Salsa



Source: The National Heart, Lung, and Blood Institute in cooperation with the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health.



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