LET THE HEART AND STROKE FOUNDATION HELP YOU GROCERY SHOP!

HEART & STROKE™ FOUNDATION

VEGETABLES

TIP: Eat at least one dark green and one orange vegetable each day.

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FRUITS

TIP: Stock up on fruit to include in meals and snacks.

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BREAD PRODUCTS

TIP: Look for whole grains at the beginning of the ingredient list.

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CANNED AND JARRED FOODS

TIP: Adults should have no more than 2300 mg of sodium each day, about one teaspoon of salt.

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HEALTHY SNACK FOODS

TIP: Make healthy choices such as plain popcorn and unsalted pretzels or nuts. Limit the serving size for nuts to no more than 30g per serving.

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PACKAGED PRODUCTS (PASTA, RICE, LEGUMES)

TIP: Choose plain whole grain products and add your own seasonings. Stock up on meat alternatives such as beans & lentils.

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CEREALS AND CRACKERS

TIP: For breakfast cereals limit sugar to 6–11 g or less (excluding sugars from pieces of fruit) except if 4–6 g or more fibre.

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FATS, OILS AND CONDIMENTS

TIP: Include small amounts of these healthy fats–olive, canola or soybean oils or a soft non–hydrogenated margarine. Condiments may contain sodium so check the nutrition facts table before buying.

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FROZEN FOODS

TIP: Buy plain frozen vegetables and fruit and meat. Choose lower fat frozen dairy desserts.

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MEAT, POULTRY AND FISH

TIP: Choose lean or extra lean cuts of meat, skinless plain poultry and include at least two servings of fish in your diet each week.

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DAIRY

TIP: Choose lower–fat dairy products like skim, 1% or 2% milk, yogurt, cheese (with 20% or less fat). Eggs provide many important nutrients such as protein, iron and b vitamins.

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BEVERAGES

TIP: Choose items that are 100% vegetable or fruit juice.

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ADDITIONAL ITEMS

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