

Your Guide to Smarter Grocery Shopping



A healthy diet starts at the grocery store. But among the fresh fruits and veggies and between the whole grains and the lean meats lie the temptations of junk food, unhealthy pre-prepared meals and other choices that can sabotage your attempts to eat right. Healthier eating is not only good for you—it can lower your grocery bills, too! Although ready-to-eat meals and packaged foods save time, they can cost more and some have (way) too much salt and fat.

When planning your grocery list, fill your cart with fruits, vegetables, whole grains, dairy, lean meat, fish, poultry, beans and nuts. Most of us tend to eat the same foods over and over again. However, variety really is the spice of life! Be adventurous and try a new fruit or vegetable each week. To assist in your shopping voyages, we have some quick tips for smarter, healthier shopping:



Produce. Spend the most time in the produce section, the first area you encounter in most grocery stores. Choose a rainbow of colorful fruits and vegetables. The colors reflect the different vitamin, mineral, and phytonutrient content of each fruit or vegetable.



Breads, Cereals, and Pasta. Choose the least processed foods that are made from whole grains. For example, regular oatmeal is preferable to instant oatmeal. But even instant oatmeal is a whole grain and a good choice. To help your family get used to whole grains, you can start out with whole-wheat blends and slowly transition to 100% whole-wheat pasta and breads.

Meat, Fish, and Poultry. The American Heart Association recommends two servings of fish a week. Salmon is widely available, affordable, not too fishy-tasting and a good source of omega-3 fatty acids. Be sure to choose lean cuts of meat (like round, top sirloin, and tenderloin), opt for skinless poultry and watch your portion sizes.



Dairy. Dairy foods are an excellent source of bone-building calcium and vitamin D. Dietary guidelines from major health organizations strongly recommend the inclusion of low-fat foods in daily dietary patterns. As far as dairy foods go, this includes low-fat yogurt and cheeses, low-fat (2%) milk and low-fat ice cream or frozen yogurt. The bottom line is almost all of the dairy products you like have a low-fat version and they're a great way to promote weight loss!

Frozen Foods. Frozen fruits and vegetables (without sauce) are a convenient way to help fill in the produce gap, especially in winter. Some of our frozen favorites include whole-grain waffles for snacks or meals, portion-controlled bagels, 100% juices for marinades and beverages, and plain cheese pizza that you can jazz up with an extra dose of skim mozzarella cheese and a variety of veggies.



Canned and Dried Foods. Keep a variety of canned vegetables, fruits, and beans on hand to toss into soups, salads, pasta, or rice dishes. Whenever possible, choose vegetables without added salt and fruit packed in juice. Tuna packed in water, low-fat soups, nut butters, olive and canola oils, and assorted vinegars are 'healthy pantry' essentials.

A nutritious, well-stocked pantry is a springboard to cooking more meals at home, which, in turn, makes it easier for you to achieve and maintain your health and wellness goals. [Download a healthy shopping guide here](#) and [click here](#) for some quick and good-for-you meal ideas!



Focus on Eye Health: Five Great Foods to Keep Your Eyes Healthy



We all know that eating right is the way to keep your heart healthy. The good news is that the same diet that helps your heart is also good for your eyes. The connection isn't surprising: your eyes rely on tiny arteries for oxygen and nutrients, just as the heart relies on much larger arteries. Some foods stand out as particularly helpful for eye health. Read on to learn about our top picks:

The first food that many people think of to protect their eye health is **carrots**, and with good reason. Carrots are high in beta-carotene, a nutrient that helps with night vision, as are other orange-colored fruits and vegetables like sweet potatoes, apricots and cantaloupe.

Kale is high in lutein and zeaxanthin, two nutrients that can lower your risk for age-related macular degeneration (AMD) and cataracts. Not a big fan of kale? Not to worry. Other dark leafy green vegetables, like spinach and romaine lettuce have similar benefits. Eggs are also a good source of these nutrients, as are broccoli, peas and corn.

Salmon. Some studies suggest that diets rich in omega-3 fatty acids from cold-water fish like salmon, tuna, sardines and halibut reduce the risk of developing eye disease later in life.

Oranges. Oranges and all of their citrus cousins — grapefruit, tangerines, and lemons — are high in vitamin C, an antioxidant that is critical to eye health. Other foods that offer benefits similar to oranges include peaches, red peppers, tomatoes and strawberries.

Black-eyed peas. Beans of all kinds, including black-eyed peas, kidney beans, lima beans, and peanuts contain zinc, an essential trace mineral that is found in high concentration in the eyes. Zinc may help protect your eyes from the damaging effects of light. Other foods high in zinc include oysters, lean red meat and poultry.

Your eyes not only affect how you see, but how you feel. Your eyesight impacts your performance at work, school, and home. Caring for your vision is an essential part of your wellness plan!

Recipe: Cider-Glazed Sweet Potatoes with Cranberries



Ingredients

- 2 large sweet potatoes, peeled and cut into 1-inch chunks
- 1 1/2 cups apple cider or apple juice
- 1/4 cup (packed) golden brown sugar
- 2 Tbsp. butter
- 1/2 tsp. nutmeg
- 1/2 tsp. ground allspice
- 1/2 cup dried cranberries

Nutritional Information per serving (makes six servings)

Calories per serving: 190 | Fat: 4g | Saturated fat: 2g | Protein: 1g | Carbohydrates: 38g | Fiber: 3g | Sodium: 16mg

Sweet potatoes (the orange color signifies their high beta-carotene content) are combined with spices, apple cider and dried cranberries to enhance their flavor with far less butter than traditional sweet potato recipes.

Preparation

- 1 Cook sweet potatoes in large pot of boiling salted water until halfway cooked, about 5 minutes. Drain and cool. (This step can be done 1 day ahead if sweet potatoes are covered and refrigerated.)
- 2 In large non-stick skillet over medium-high heat, combine cider, sugar, butter, nutmeg and allspice. Bring to boil, stirring often.
- 3 Add potatoes and reduce heat so liquid is simmering. Cook 5 minutes, stirring occasionally.
- 4 Add cranberries and continue cooking until liquid is reduced to syrupy glaze and potatoes are tender, about 10 minutes. (If glaze becomes very thick before potatoes become tender, thin with small amount of cider.)
- 5 When potatoes are tender, transfer to serving bowl with slotted spoon. Season to taste with salt and pepper. Pour remaining glaze over sweet potatoes and serve.