

# BE A HEART-SMART SHOPPER

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It is always easier to stick to a healthier diet if you prepare your own meals at home. At the supermarket, the range of food choices these days is quite incredible. You may sometimes get so attracted to the food packaging that you inadvertently pile on the calories to your cart.

Let us go on a heart-smart trip to the supermarket, starting with the most colourful section—the fruit section.

## FRUITS & VEGETABLES

The key word here is VARIETY.

Buy more vegetables which are rich in fibre such as string beans, French beans, peas, celery, carrots, okra (ladies finger), broccoli, jicama, radish, spinach, beet leaves, Swiss chards, cucumber, Brussels sprouts, cabbage, asparagus, eggplant and fruits such as banana, pear, apple, strawberries, blueberries, kiwi, figs, guava, oranges, and plums.

If choosing frozen or canned vegetables, go for fruit in juice, without added sugar, and less sodium.



## DAIRY PRODUCTS & EGGS

The supermarket shelves are always stocked with different types of milk such as low-fat, high calcium, fat-free, homogenised, unpasteurised fresh and whole milk. Finding out what kind of milk is the healthiest and the best to buy is a real challenge. The best milk choices in the dairy aisle are fat-free, low-fat or skim milk. Dairy products are good sources of calcium and vitamin D. Avoid flavoured milks such as chocolate, strawberry and banana which are loaded with sugar and, therefore, high in calories.

Cheese has nutritional merit, especially calcium, the bone mineral. But it is easy to overdo it when preparing pizza, nachos and salad. Cheese is high in calories, fat and sodium. Reduced-fat cheeses have at least 25% less fat when compared to whole-milk cheeses. Go for fat-free, low-fat, reduced-fat and low sodium (no more than 140mg per serving) cheeses. The harder the cheese, the higher the fat!

Reach for non-fat or low-fat yoghurts rich in live and active cultures. Fruit-flavoured yoghurt is packed with more sugar and calories. Whey the fluid sometimes separates from yoghurt contains calcium, phosphorus, and zinc. Mix it back with yoghurt and enjoy!

Limit your consumption of eggs to three a week. Limit the consumption of hard margarine, butter, cream and ice creams.



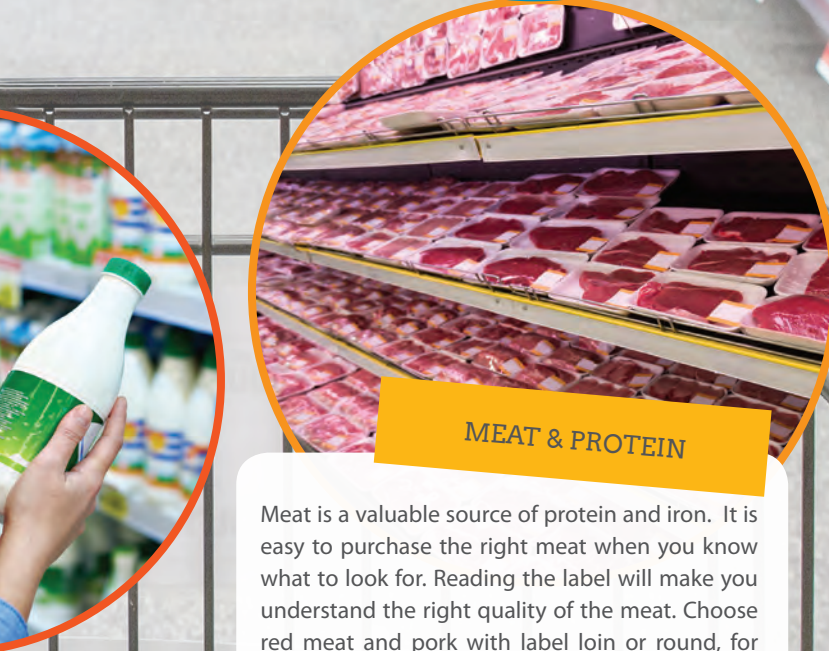
# OPPER

## CONFECTIONARY & OILS



While purchasing bread look for whole grain, high fibrous. Oats, buckwheat or rye bread are great for breakfast. Limit the purchase of doughnuts, pies, cakes and cookies. Most of these baked goods are made with egg yolks, saturated fats, trans-fat and high sugar. Read the food labels before adding to your cart. Choose raisin or oats bread instead of muffins. If going for bakery goods watch out for the saturated and partially hydrogenated fats hidden in casseroles, and desserts.

Pick up oils rich in un-saturated fats such as corn oil, olive oil, safflower oil, sesame oil, soybean oil, and sunflower oil. Just say no to palm oil, coconut oil, and cocoa butter. They are high in saturated fats. Make your own marinades and dressings with light oil and spices.



## MEAT & PROTEIN

Meat is a valuable source of protein and iron. It is easy to purchase the right meat when you know what to look for. Reading the label will make you understand the right quality of the meat. Choose red meat and pork with label loin or round, for they are usually low in fat.

Choose the leaner light meat like chicken breasts than thighs and legs. Remove skin before cooking. Purchase more meat substitutes such as dried beans, peas, lentils and soybean curd.

Include nuts and seeds in your diet as they are good sources of protein and polyunsaturated fats. Sprinkle nuts and seeds over cereal or salads and enjoy the tasty crunch!

## FISH

Fish is among the healthiest foods for a healthy heart. Fish contains high-quality protein, iodine and vitamin D.

Enjoy two to three servings of fish per week, such as salmon, tuna, herring, grouper, yellowfin grouper, pomfret, sardines, mackerel, and seabass.

Tuna, salmon, herring are good sources of heart healthy omega fatty acids. Steam or grill your fish instead of frying.

