Aisle by Aisle Shopping Guide

Nutrition Month is just around the corner — do you have the resources you need?

We're super excited to celebrate one of our favorite health holidays, and so we thought we’d give you a head start and some free materials. You know, to celebrate. Since having a well-stocked kitchen is key to a healthful lifestyle, we begin with a guide to balanced shopping.

**Produce:**

- Almost all fresh fruits and vegetables are naturally low in fat and sodium. Plus, they are high in nutrients and fiber.
- Load up your cart with fresh produce!

**Meat and Seafood:**

- Fresh fish, chicken, or turkey breast and extra-lean beef are good choices, in moderation.
- Buy seafood that isn't breaded or fried.
- Look for no-salt-added canned chicken, salmon, and tuna. Choose options that are also canned in water, not oil.

**Deli Counter:**

- While most of the choices in this section of the store are very high in fat and sodium, reading the label can help you find some okay options.
- Fresh, lean roast beef and low-fat Swiss cheese are a few good choices.

**Canned Foods:**

- Look for no-added-salt or low-sodium versions of soups and canned foods.
- Reduce the total sodium in canned foods by adding low-sodium ingredients like water, low-sodium broth, frozen veggies, rice, or pasta to the mix.
- Look for Wylers® sodium-free, low sodium, and very low sodium granules. They dissolve faster than most other bouillon cubes and taste exactly the same.

**Cereals, Pasta, and Rice:**

- Your best bets are plain versions of rice, pasta, oatmeal, barley, bulgur, grits, and cream of wheat. These are usually low in fat with no added sugar.
- Beware of packaged mixes and instant versions of cereal, which often have added sugar, salt, and/or fat.
- Packaged cereals can be high in sugar and/or sodium. Puffed whole-grain cereals and shredded wheat are usually good options.