TIPS TO GET THE MOST NUTRITION FOR YOUR MONEY AT THE GROCERY STORE

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TODAY'S AGENDA

- About me
- Balanced plate
- Grocery Tips
- Healthy swaps

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A LITTLE ABOUT ME

Yellowhead Tribal Council

- Live in Edmonton, AB, Treaty 6
- Working for YTC for 4.5 years
- Registered Dietitian for 7 years
- YTCdietitian on Facebook

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FOOD IS EXPENSIVE

- Food prices have increased
- Hard to fit food into tight budget
- Many healthy foods can be expensive
  - BUT there are also cheap healthy foods

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OTHER PLACES TO GET FOOD

- Hunting
- Gathering
- Gardens
- Food banks
- Good food boxes
- Community kitchens
- Convenience stores
- Dollar stores

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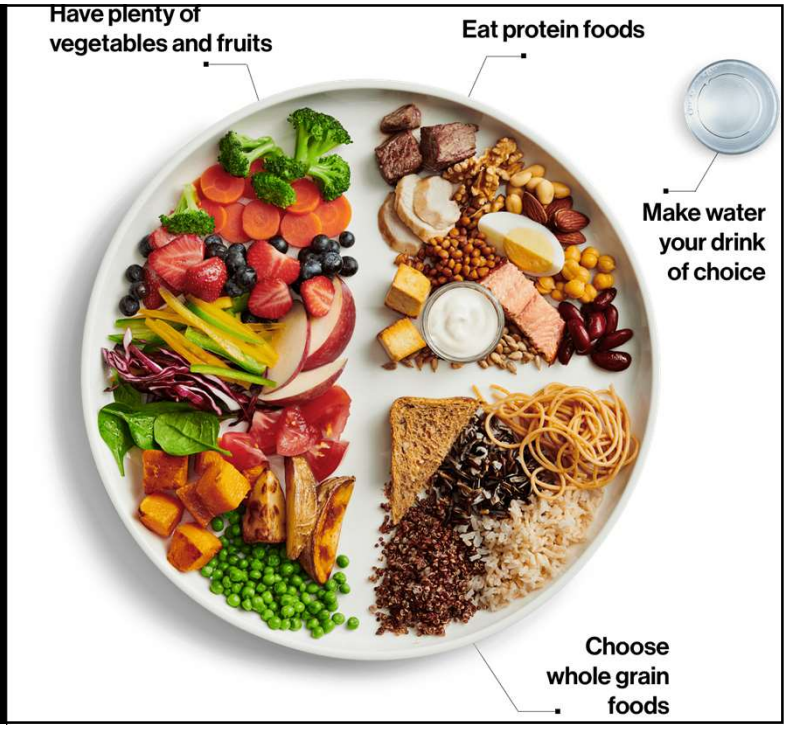
BALANCED PLATE

- Nutritious foods
- Varying prices
- Will give tips for each food group



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NUTRIENTS

MORE

- Protein
- Fibre
- Vitamins
- Minerals

LESS

- Sugar
- Salt
- Saturated fats

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LEARN WHAT'S IN FOOD

Ingredients List

Ingredients: Organic whole grain wheat, Organic cane sugar, Organic cinnamon, Organic natural flavour. **Contains:** Wheat.

Nutrition Facts Table

Nutrition Facts	
Per 28 biscuits (55 g)	
Calories 190	% Daily Value*
Fat 1 g	1 %
Saturated 0 g + Trans 0 g	0 %
Carbohydrate 43 g	
Fibre 6 g	21 %
Sugars 8 g	8 %
Protein 6 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Potassium 175 mg	4 %
Calcium 20 mg	2 %
Iron 1.5 mg	8 %
Thiamine 0.175 mg	15 %
Niacin 3.5 mg	22 %
Vitamin B_6 0.15 mg	9 %
Pantothenate 0.45 mg	9 %
Phosphorus 150 mg	12 %
Magnesium 60 mg	14 %
Zinc 1.25 mg	11 %
*5% or less is a little, 15% or more is a lot	

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BEFORE THE STORE

Compare flyers (Flipp app)

Check fridge and cupboards

Choose recipes and snacks

Write grocery list

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BRING WITH YOU

Grocery list

Calculator

Reading glasses

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WHAT INCREASES COST

01

Size

- Small vs bulk

02

Convenience

- Pre-cut/washed/ cooked

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Brand names

- Marketing

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SIZE

- **Price per 100g**

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SIZE

- Price per 100g

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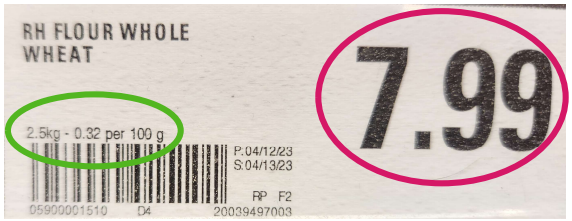
SIZE

- Price per 100g



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CONVENIENCE

- Precut
- Prewashed
- Precooked
  - Exception can be rotisserie chickens

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MARKETING TACTICS

- Outside and inside store
- Brand names compete for best reputation
- Featured items at end of aisle displays
  - Not always a good deal
  - Can't compare to similar items

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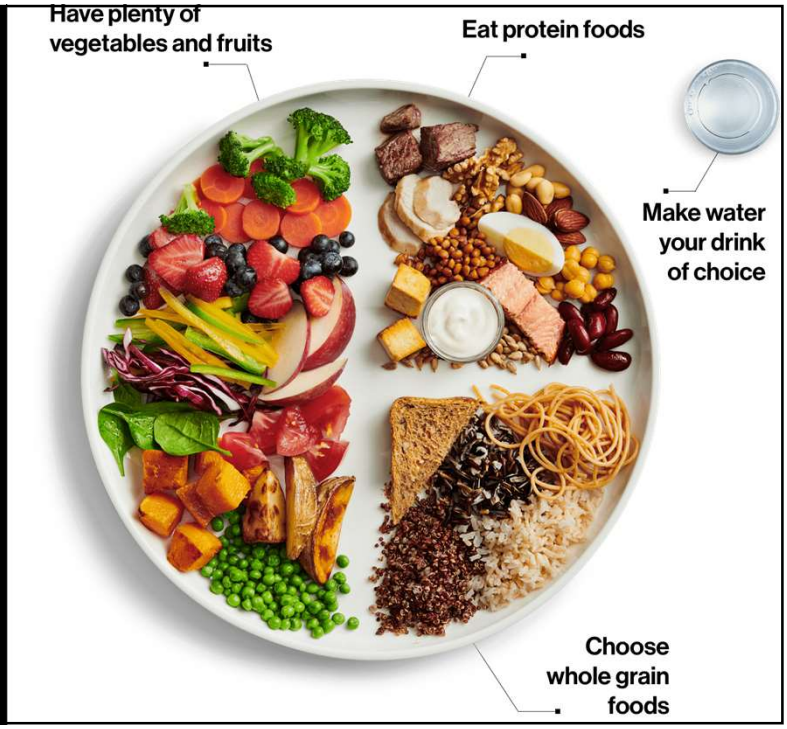
FOOD GROUPS

- Grains
- Proteins
- Veg and fruits
- Plus beverages



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GRAINS

- Least expensive of food groups
- Buy in bulk and store airtight
- Whole grains have MORE nutrients
  - Brown bread/pasta/rice, oats, barley
- Look for lower sugar

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VEGETABLES AND FRUITS

- “Nutrient dense”
- Seasonal produce
- Canned and frozen just as nutritious as fresh

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VEGETABLES AND FRUITS

- Canned fruits in water or juice
- Low or no salt vegetables
- Rinse canned before eating
- Lasts for years
- Check for dents

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VEGETABLES AND FRUITS

- Frozen
  - Typically no sugar/salt added
  - Large bags
  - Mixed bags great for variety
  - Lasts for years

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VEGETABLES AND FRUITS

- Salad mixes
  - Buy larger bottles of dressing
- Put paper towel in bag
- Freeze leftover greens
- Nutrients:

Iceberg -> Romaine -> Spinach, Kale

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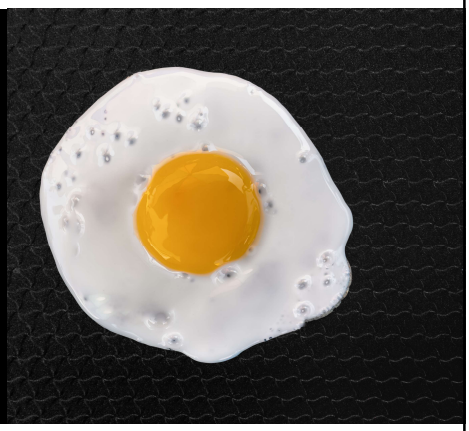
PROTEINS

- Meats
- Fish and seafood
- Eggs
- Milk, yogurt and cheese
- Beans, nuts and seeds
- Soy products



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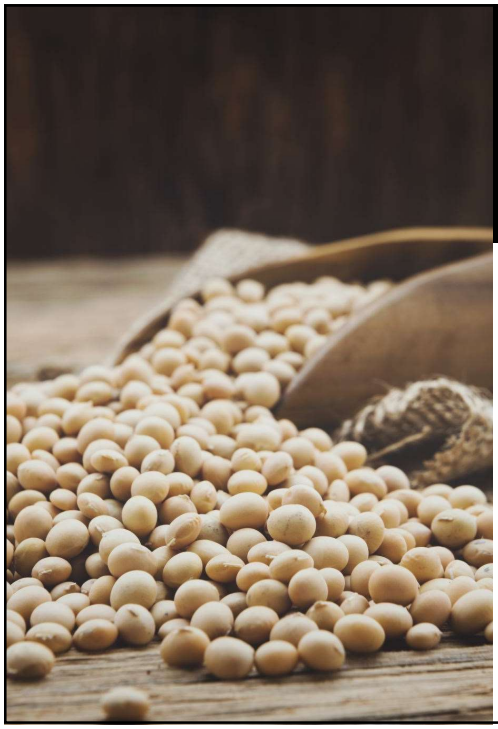

BEANS AND LENTILS

- Protein plus fibre!
- Canned or dried
  - Dried may need soaking
  - Split lentils don't need soaking
  - Low salt canned

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NUTS AND SEEDS

- Lots of nutrition in small amount
  - Healthy fats, protein and fibre
- Natural peanut butter
  - = no added salt oil sugar

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MEAT & POULTRY

- Leaner = more protein, less fat
- Breading = less meat
- Boneless skinless poultry
  - Unless you have use for the bones
- Rotisserie chicken often good deal

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FISH & SEAFOOD

- Canned
- Frozen
  - No breading = more fish

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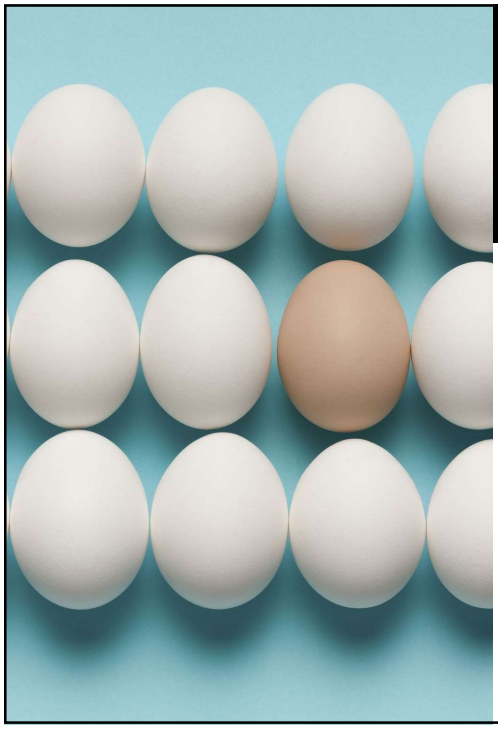

EGGS

- Added cost:
  - Brown eggs
  - Omega-3
  - Free run/range
  - Pre-boiled

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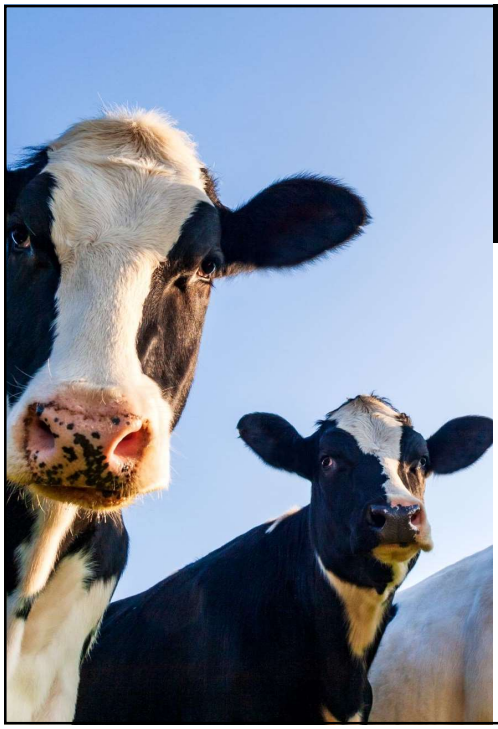

MILK & ALTERNATIVES

- Make sure enriched with calcium and vit D
- Cows milk and soy milk highest protein
- Flavoured milks = high sugar

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CHEESE

- Block cheese = best nutrition and price
  - Pre-sliced and shredded higher cost
  - Processed slices and cheese spread lower nutrition

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YOGURT

- More yogurt in small tub
  - Small cups convenient
- Plain = less sugar
- “Kids” yogurt typically higher sugar

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BEVERAGES

- Water healthiest choice
  - Tap water is okay
  - Avoid “special” waters
  - “nutrition” waters often sugary
- Milk and alternatives are nutritious

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TOMATO BEAN SOUP

INGREDIENTS

- 1 can diced tomatoes
- 1 can beans in tomato sauce
- 1 cup water
- 1 teaspoon dried basil OR italian seasoning
- 1 teaspoon dried parsley OR italian seasoning
- optional - ½ cup grated cheddar cheese
- optional - 2 tablespoons chopped chives/ green onion or yellow onion

DIRECTIONS

1. Turn on the stove to medium-high heat. Put tomatoes, beans, water, basil and parsley into a medium saucepan. Heat to boiling.
2. Turn down heat and simmer soup, uncovered, for 10 minutes. Stir several times.
3. Serve in bowls with grated cheese on top. Optional: add chopped green onions/chives on top for extra flavour.

Recipe from the Basic Shelf Cookbook

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QUESTIONS?

Thanks for listening!

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