



# USING THE NEW FOOD PYRAMID TO HELP YOU GROCERY SHOP

## Protein, Dairy & Healthy Fats

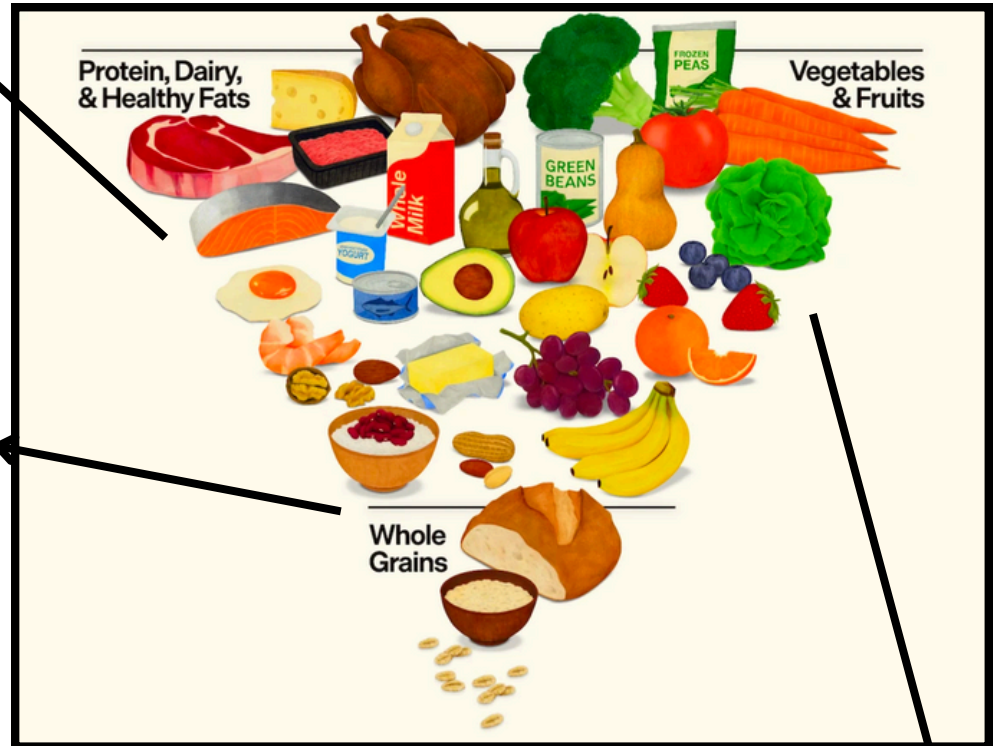
*[Top of the Pyramid – Eat These Most Often]*

Protein at every meal helps keep you full and supports muscle and immune function.

**Protein:** chicken, beef, turkey, eggs, fish,

**Dairy:** milk, yogurt, cheese, butter

**Healthy fats:** olive oil, nuts & seeds, avocado



## Whole Grains

*[Base of the Pyramid – Important, But Smaller]*

These provide fiber, energy, and can be a good source of B vitamins.

### **Good carb choices:**

Brown rice, oats, barley

Whole wheat bread or pasta

Sweet potatoes

**Limit:** refined grains like white bread, white pasta, and other highly processed carbs.

## Vegetables & Fruits

*[Middle of the Pyramid – Eat Often]*

Fruits and vegetables provide fiber, micronutrients, and plant compounds that support digestion, blood sugar control, and heart health.

### **Choose a rainbow:**

Leafy greens (spinach, cabbage)

Colorful veggies (carrots, peppers)

Fresh or frozen fruit (berries, apples, oranges)



## Added Sugars

To help identify sources of added sugars, look for ingredients that include the word “sugar” or “syrup” or end in “-ose.”

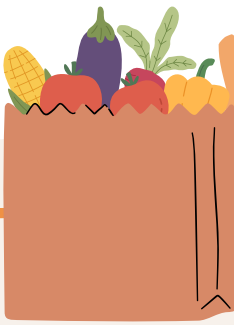
Added sugars may appear on ingredient labels under many different names, including high-fructose corn syrup, rice syrup, fructose, glucose, dextrose, sucrose, cane sugar, maltose, lactose, fruit juice concentrate, and molasses. Examples of non-nutritive sweeteners include aspartame, sucralose, saccharin, xylitol, and acesulfame K.

Some foods and drinks, such as fruits, honey, and plain milk, have naturally occurring sugars, which are not added sugars.



## Gut Health

Your gut contains trillions of bacteria and other microorganisms called the microbiome. A healthy diet supports a well-balanced microbiome and healthy digestion. Highly processed foods can disrupt this balance, while vegetables, fruits, fermented foods (e.g., sauerkraut, kimchi, kefir, miso), and high fiber foods support a diverse microbiome, which may be beneficial for health.



# GROCERY SHOPPING TIPS



1. Plan meals around what's on sale. Check grocery store flyers and ads.
2. Make a grocery list for healthy meals and snacks - and stick to it.
3. Buy store brand instead of brand name.
4. Use loyalty cards, coupons, or cash back apps.
5. Compare prices to get the best deal.
6. Weigh bagged produce to find the heaviest package for the same price.
7. Avoid pre-cut or individually packaged items.
8. Be open to discounted items close to sell-by date.
9. Buy staples like rice and beans in bulk.
10. Avoid bulk buys on items that spoil quickly.
11. Share bulk purchases with a friend or family.
12. Buy produce that's in season.
13. Shop alone if you can - bringing others leads to impulse buys.
14. Shop the perimeter of the store where fresh foods are.
15. Buy frozen fruits and vegetables - just as nutritious but cheaper.



# COOKING & MEAL PREP TIPS



1. Freeze leftovers, breads, or meats before they go bad.
2. Store food properly to keep it fresh longer.
3. Cook in batches.
4. Try simple recipes with fewer ingredients.
5. Try day-old bread for toast, croutons, or French toast.
6. Use what you have at home before buying more.
7. Prep fresh fruits and vegetables after shopping so they're easy to grab.
8. Use herbs and spices to add flavor without extra calories.
9. Use smaller plates to help with portion control.

# GROCERY LIST TEMPLATE

Use this grocery list as a starting point and add in your basic weekly staples (like seasonings, condiments, etc.)

## PICK 3 PROTEINS

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## PICK 3 VEGETABLES

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## PICK 2 DAIRY FOODS

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## PICK 3 FRUITS

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## PICK 2 HEALTHY FATS

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## PICK 3 WHOLE GRAINS

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## FOOD BANK



**Protein:** eggs, chicken, turkey, beef, pork loin, fresh or canned fish (tuna or salmon), beans (pinto, black, kidney), lentils

**Healthy Fats:** olive oil, canola oil, avocado, nuts, seeds, natural nut butters.

**Dairy:** milk, Greek yogurt, cheese, cottage cheese, butter

**Vegetables:** leafy greens (spinach, kale, collards, cabbage), onions, carrots, green beans, peppers, broccoli, tomatoes, sweet potatoes, squash. Fresh, frozen, or canned (low sodium).

**Fruits:** apples, oranges, bananas, berries, grapes, peaches, pears, pineapple. Fresh, frozen, or canned with no added sugar.

**Whole Grains/Starch:** oats, brown rice, whole wheat bread, whole grain pasta, cornmeal, potatoes, sweet potatoes, beans (also count as protein)

**Staples:** cooking oils, salt, pepper, vinegar, garlic, onions, flour or cornmeal, rice or oats, canned beans, canned tomatoes, frozen vegetables, broth or stock, basic spices (paprika, chili powder, cinnamon).