

Supermarket **SURVIVAL** **Guide**



**Put this handy guide in your cart
for tips on selecting the healthiest
and freshest produce, bread,
dairy products, and other groceries.
It's arranged by supermarket aisle, so
it's easy to flip through as you shop.**



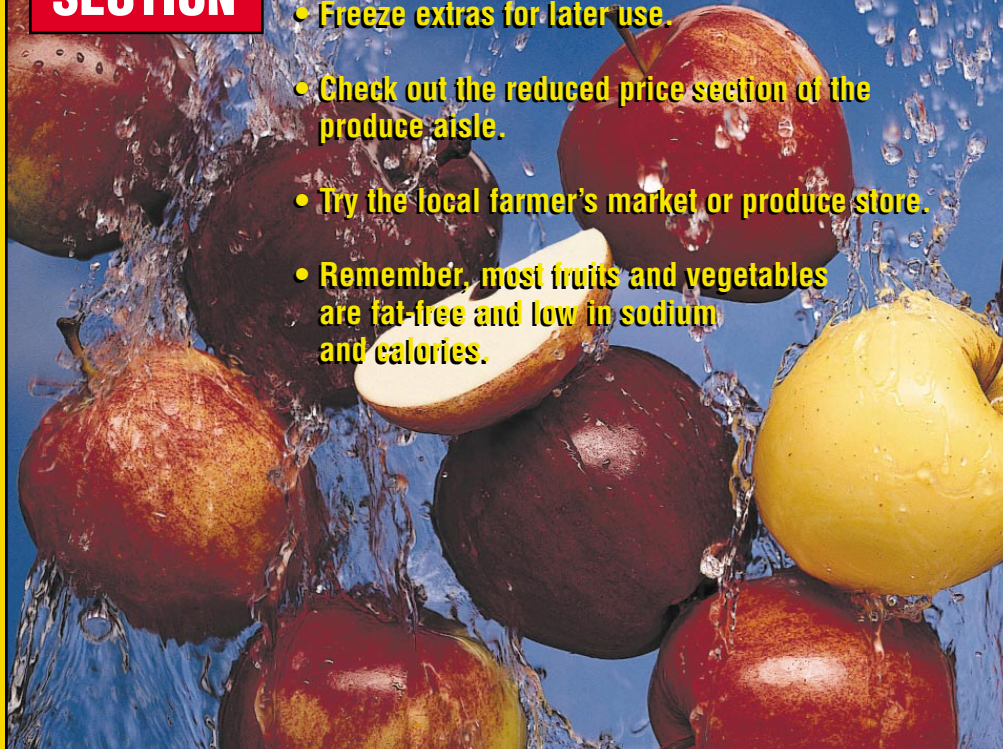
AISLE

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**PRODUCE
SECTION**

Money Saving Ideas When Buying Fresh Produce

- Buy produce that's in season.
- Don't buy more than you need.
- Freeze extras for later use.
- Check out the reduced price section of the produce aisle.
- Try the local farmer's market or produce store.
- Remember, most fruits and vegetables are fat-free and low in sodium and calories.



Tips for selecting fresh fruits and vegetables

APPLES

Fresh Test

- Choose firm apples with smooth skin.
- Avoid apples that are bruised or have soft spots.

Storage Tips

- 1-2 day – shelf.
3 weeks – refrigerator.

Special Notes

- Good source of fiber.



APRICOTS

Fresh Test

- Choose plump, firm fruit with uniform color.

Storage Tips

- 3-5 days – refrigerator.

Special Notes

- Good source of beta-carotene.

BANANAS

Fresh Test

- Bananas should be plump, firm, brightly colored and unblemished.
- Be sure stem ends and skins are intact, if not don't purchase.
- Bananas with a grayish cast won't ripen properly.

Storage Tips

- To ripen, leave at room temperature away from direct sun or heat.
- Storing bananas in the refrigerator will slow the ripening process. Even though the skin will darken, they are OK to eat. You may keep them in the refrigerator for 2 weeks.

Handle with Care

- Bananas bruise easily.

Special Notes

- Bananas are a good source of potassium, vitamin B₆.
- Freeze for smoothies!



BERRIES AND CHERRIES

Fresh Test

- Choose firm, unblemished berries and cherries.
- Available year round - frozen, canned, and dried.

Storage Tips

- 1-2 days – refrigerator.

Handle with Care

- For berries, rinse well and slice if desired just before serving.
- For cherries, remove pits before eating.

Special Notes

- Rich in anti-cancer compounds and fiber.
- Rinse well and freeze in plastic bags for later use.

CITRUS FRUITS

Fresh Test

- Choose firm, heavy-for-its-size citrus fruit with no mold or soft spots.
- Bright orange color doesn't necessarily mean quality and greenish tints are fine.

Storage Tips

- 10 days – shelf.
- 1-2 weeks - refrigerator.

Special Notes

- Citrus fruits are good sources of vitamin C (an antioxidant), and potassium.

GRAPES

Fresh Test

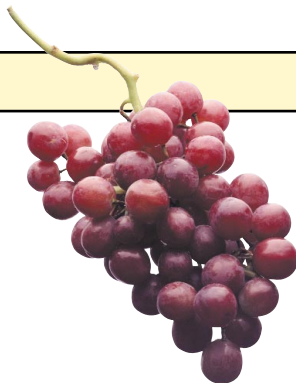
- Choose compact bunches with good color.

Storage Tips

- 1 day – shelf.
- 1 week – refrigerator.

Handle with Care

- Handle carefully and rinse well before eating.



KIWIS

Fresh Test

- Choose firm but soft kiwis without bruises.

Storage Tips

- Until ripe on the shelf.
- 3-4 days – refrigerator.

Special Notes

- Good source of vitamin C and potassium.

Handle with Care

- Peel and slice or wash well and eat with skin.

MELONS

Fresh Test

- Choose melons that are well-rounded and have a depressed smooth scar where stem used to be.
- Avoid melons with stem still attached—they were picked too early.
- The bottom (opposite the stem scar) should give to light pressure when pressed.
- Green skins may be under-ripe.
- Seeds should “rattle.”

Storage Tips

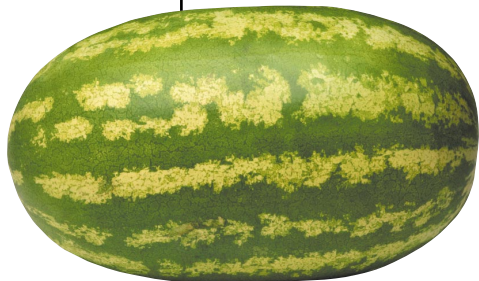
- 1-2 day – shelf.
- 3-4 days – refrigerator.
- To ripen, keep out of direct sunlight.

Handle with Care

- Scrub skins well before slicing.

Special Notes

- Good sources of beta-carotene (vitamin A), vitamin C and potassium.



PEACHES AND NECTARINES

Fresh Test

- Choose firm but slightly soft fruits.
- Look for yellow color with a red “blush”.
- If green and hard, they will not ripen.
- Avoid bruised with soft spots.
- Sweet juicy peaches have a sweet peachy smell.

Storage Tips

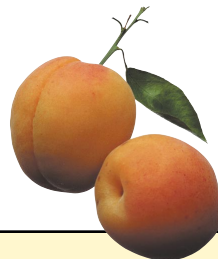
- 3-5 days – shelf.
- 3-4 days – refrigerator.
- To ripen, place in a paper bag for a few days until fragrant and soft.

Handle with Care

- Peaches and nectarines bruise easily.

Special Notes

- Freeze slices of extra peaches for later use in salads and smoothies.



PINEAPPLES

Fresh Test

- Look for fresh, deep-green colored leaves that pull easily.
- Pick one that feels heavy for size. It should have a sweet pineapple smell.

Storage Tips

- Refrigerate and use within a few days.

Special Notes

- Good source of vitamin C and potassium.



PEARS AND PLUMS

Fresh Test

- Choose firm, smooth fruit with no soft spots or blemishes.

Storage Tips

- 3-5 days – shelf.
- 3-4 days – refrigerator.

Special Notes

- Good sources of fiber and potassium.

ASPARAGUS

Fresh Test

- Choose asparagus with deep green or purple tips.
- Spears should be green for as much of the length of the spear as possible.
- Do not buy if tips are partially open.
- Select spears that are uniform thickness.
- If flat or twisted they can be tough and stringy.

Storage Tips

- Wrap in a damp paper towel and store in refrigerator for 4-5 days.

Special Notes

- Good source of vitamins A, C, E and folacin.



BROCCOLI

Fresh Test

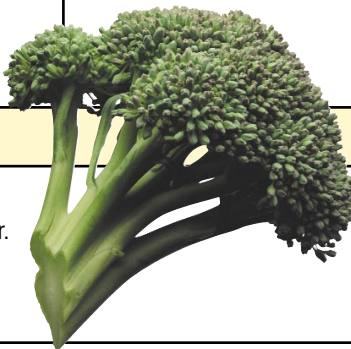
- Florets should be dark green-purple.

Storage Tips

- 3-5 days – refrigerator.

Special Notes

- Good source of beta-carotene and vitamin C.



CUCUMBERS

Fresh Test

- Choose cucumbers that are firm, with bright green color.

Storage Tips

- 3-4 days – refrigerator.

CARROTS

Fresh Test

- Choose carrots without cracks.
- If you buy with greens, be sure they are moist and green.
- Remove greens after purchase.

Storage Tips

- Store whole or baby carrots in plastic bag in refrigerator for up to a month.

Special Notes

- Good source of beta-carotene. You can slice extras and freeze in plastic bags.

CORN

Fresh Test

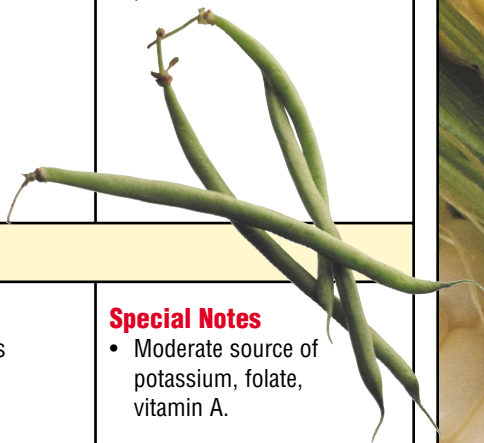
- Husks should be fresh, moist, tight and green.
- Kernels at the tips should be small and plump not shrunk. Larger tips mean corn is over mature.
- The silk should be light golden and moist. Avoid corn with brown and brittle silks.

Storage Tips

- Refrigerate right away and eat soon for best taste.
- Leave the husks on to retain moisture.

Special Notes

- Good source of fiber, beta-carotene, folacin, potassium.



GREEN BEANS

Fresh Test

- Choose bright colored beans free from blemishes.

Storage Tips

- Store in plastic bags in refrigerator for up to 5 days.

Special Notes

- Moderate source of potassium, folate, vitamin A.

PEPPERS

Fresh Test

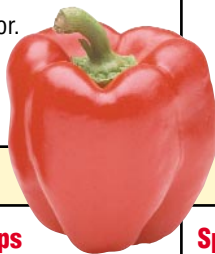
- Choose firm peppers with rich color (green, red, yellow) and heavy for size. Avoid those with bruises or soft spots.

Storage Tips

- 5-7 days – refrigerator.

Special Notes

- Good source of vitamins A and C.



POTATOES

Fresh Test

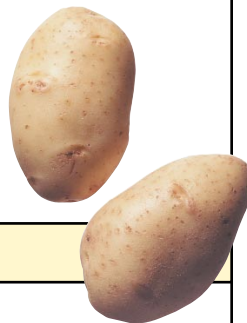
- Choose firm well-shaped potatoes free of bruises.
- Avoid potatoes with sprouts, cracks, wrinkles, or dampness.
- Green skins indicate poor storage and the presence of a toxic substance called solanine.

Storage Tips

- 1-2 months – store in cool, dark, airy place.
- 1-2 weeks – refrigerator.

Special Notes

- Good source of vitamins C, B6 and potassium.



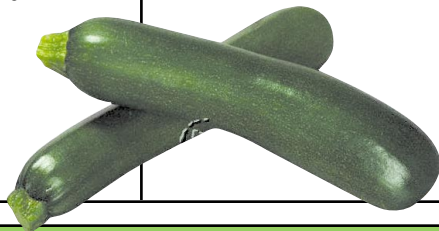
SUMMER SQUASH

Fresh Test

- Choose brightly colored summer squash with shiny skins free of spots.

Storage Tips

- 4-5 days –refrigerator.



TOMATOES

Fresh Test

- Choose brightly colored tomatoes with firm flesh and shiny skins.

Storage Tips

- Until ripe – shelf.
- 2-3 days – refrigerator.

Special Notes

- Good source of vitamins A and C.



WINTER SQUASH

Fresh Test

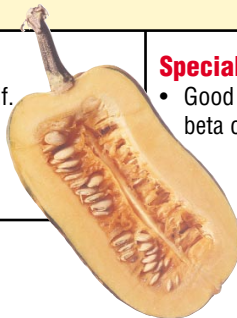
- Choose bright colors with firm flesh and shiny skin.
- Choose heavy for size that is free of blemishes.

Storage Tips

- 1 week – shelf.
- 2 weeks – refrigerator.

Special Notes

- Good source of vitamin A/ beta carotene.



Tips for buying juices

- Buy only juices labeled as 100% pure juice (juice drinks, juice beverages, juice cocktails have added sugar and are not 100% juice).

If frozen:

- Prepare and drink within a month of purchase.
- Store at 0 degrees Fahrenheit.
- Store in freezer until ready to use.

If fresh:

- Keep refrigerated in containers with lids.
- Canned juices can be stored for long periods of time.

Tips for buying canned fruits

- Buy cans that are not dented.
- Buy fruits canned in their own juices.
- Save juices from can for salads, popsicles, mixed juices.

Tips for buying frozen fruits

- Buy without added sugar.



Tips for ripening fruits

- Place fruit in a paper bag, close loosely and leave at room temperature out of direct sunlight. Don't use a plastic bag as it holds in moisture and it can cause fruit to spoil. Check daily by squeezing gently. If it gives to pressure and smells sweet then it is ready. These fruits can be ripened this way: Apricots, avocados, kiwi, mangoes, melons (except watermelon) nectarines, papaya, peaches, pears and plums.
- Berries, cherries, and pineapple do not ripen once picked.

Note: Packaged chewy fruit snacks for children should be considered candy. The fun shapes and colors may appeal to children but these are high sugar snacks that are low in nutritional value. They also stick to the teeth increasing chances of tooth decay. If you want your child to snack on dried fruit, buy raisins, dried apples, peaches, apricots, cherries, prunes.

Tips for buying canned vegetables

- Watch sodium content and buy sodium-free if possible.
- Save liquids for use in soups and stews.

Preparation

- Be sure to wash all produce thoroughly before eating or using in cooking.



AISLE

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**BREAD
AISLE**

How to Buy the Healthiest Breads and Cereals

- Choose whole grain breads (be sure and read the label — the first ingredient should say whole wheat).
- Choose cereals that are also whole grain and ideally, without added sugar.
- Cereals should have at least 2 1/2 grams of fiber per serving.
- Breads and cereals should have no more than 3 grams of fat per serving and no more than 1 gram of saturated fat per serving.
- Try new types of grains, for example: corn, rye, oats, millet.
- Choose whole grain brown rice instead of white. You can purchase brown rice in quick cooking forms to reduce cooking time.
- Rice and noodle mixes usually have added sodium — try using your own plain rice and pasta and seasoning with herbs and spices.
- Watch fat content on muffins and other baked goods. Avoid those made with trans-fatty acids, or hydrogenated fats or oils (These can elevate cholesterol levels).
- Avoid pastries, cakes, cookies, granola bars etc. They can be high in sugar and fat and low in fiber.





**For whole grain goodness,
choose breads that list one
of the following as a first
ingredient:**

- Whole-wheat flour
- 100% whole-wheat flour
- Stone-ground
whole-wheat flour
- Cracked wheat
- Oatmeal

**The following types of flour are very low
in fiber because the fiber is removed
during processing:**

- White flour
- Wheat flour
- Enriched flour
- Enriched wheat flour
- Unbleached flour
- Unbleached wheat flour





AISLE 3

DAIRY CASE

Tips for choosing Milk, Yogurt & Cheese

Choose skim milk dairy products. They have less fat and fewer calories. Milk, yogurt and cheese are great sources of calcium, protein, riboflavin and vitamin A and D.

MILK

- What's the difference between one cup of whole milk and one cup of skim milk? Both have the same amount of vitamins and minerals, but 1 cup of whole milk contains 2 teaspoons of fat, 2 percent has 1 teaspoon of fat, and 1/2% and skim milk are virtually fat free.
- If you choose chocolate milk, be sure to select 1% chocolate milk. It contains the same amount of vitamins and minerals as white milk and has 160 calories per cup. The extra calories are due to added sugar.

BUTTER

- Choose only margarines that have no trans-fatty acids.
- Reduced calorie margarine can save on calories and fat but should still be trans-fatty acid free.
- If you buy margarine or butter, be sure to use it sparingly. Learn to be a "scraper" of either. Remember that one pat of butter or margarine is about one teaspoon and has five grams of fat.

YOGURT



- Yogurt is a nutrient-rich food that contains calcium plus eight other essential vitamins and nutrients.
- Have you ever opened a container of yogurt and found a watery layer on top? That watery part is whey, a protein found in milk. It contains B vitamins and minerals so stir it back into the yogurt. Choose any flavor of low-fat or nonfat yogurt and enjoy.
- Watch fat content and added sugar. Try buying plain, non-fat yogurt and blending in your own fruit. You can enhance sweetness by adding cinnamon, vanilla and a dash of nutmeg.

CHEESE

Don't be fooled by the myths that white cheese is lower in fat than yellow cheese or that soft cheese is lower in fat than hard cheese. There's no easy way to distinguish low-fat cheese from high-fat cheese without reading the food label.

Quick Choice Guide for Cheese

Select lower-fat and moderate-fat cheeses instead of high-fat cheese.

- Lower-fat cheese: no more than 3 grams of fat per ounce. Check the labels of fat-free and low-fat varieties of your favorite cheese, such as low-fat cottage cheese.
- Moderate fat cheese: 4 to 7 grams of total fat per ounce. Examples include light cream cheese, feta, and mozzarella cheese.
- High-fat cheese: 8 or more grams of total fat per ounce. Examples include cream cheese, cheddar, Colby, muenster, and Swiss.





AISLE

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**MEAT
COUNTER**

**Meat, Fish, Poultry, Eggs,
Dry Beans and Nuts**

BEEF

- Meat graded Select has less fat than Choice or Prime grades.
- For the leanest cuts, look for the words loin or round: eye of round, top round, round tip, top sirloin, top loin, tenderloin.

PORK, LAMB

- For the leanest cuts, look for the words loin or leg: tenderloin, loin chops, loin roasts, boneless sirloin chops, leg of lamb.

VEAL

- All cuts of veal are generally considered lean.

FISH

- Fish is a great low-fat and heart healthy protein source. Your best flavor bet is fresh fish.
- Lower fat fish include: cod, flounder, haddock, halibut, perch and red snapper.
- When buying fish it should have a fresh odor, firm texture, and moist appearance.
- Refrigerate fish immediately and use within one or two days.

POULTRY

- **White meat (breast meat) has less fat than dark meat.**
- **Turkey Tip:** When buying ground turkey, choose ground white meat. This is the muscle without the skin. Ground turkey includes the skin and dark meat. A 3 ounce cooked portion ground turkey has about 13 grams of fat. The same amount of ground white turkey meat has about 5 grams of fat.

EGGS

- **Choose eggs that are whole with no cracks & keep refrigerated.**
- **Although eggs can be stored in the refrigerator for one month, use within one week, for best quality.**
- **For those who are watching cholesterol intake, there are several imitation egg products on the market. They are made from egg whites and can be used for cooking and baking.**

MEAT ALTERNATIVES

- **Dried beans such as kidney, great northern, lima, navy, black beans. Buy in bags or canned. Avoid those with added sodium and fat.**
- **Nuts and seeds — purchase these as dry roasted or plain with no or little added sodium.**
- **Tofu and tempeh are meat alternates that are usually available in the produce section of the store. Store in the refrigerator for up to a week or freeze for later use.**
- **Peanut or other nut butters. Select natural, low-sodium nut butters without added sugar or fat.**



AISLE

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**SNACK
AISLE**



Chips, Pretzels, Popcorn and Crackers

Look for snacks that have:

- No more than 3 grams of fat per serving.
- No more than 1 gram of saturated fat per serving.
- Sodium watchers proceed with caution. Snacks that have 480 milligrams sodium or more per serving are considered high in sodium.

Follow these additional snack tips:

- Choose baked potato and tortilla chips for less fat.
- Buy plain popcorn adding only modest amounts of margarine and salt.
- Choose whole grain crackers when available.
- Avoid snack mixes as they are usually high in fat and sodium.



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*Michigan Department
of Community Health*



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