

Support Group Minutes 12/13/18

Guest: Deb Guetenterberg, RD

- Grocery Store Tour at Festival Foods (W Mason St)
- Deb provided a handout and conducted a tour around the grocery store regarding healthy options

Grocery Store Tour Notes (provided by Deb Guenterberg)

- 1. Fruits and Vegetables:** Eat a variety each and every day. Recommendation is for 7-9 servings a day. Eat from the rainbow and try to choose a f/v from each color of the rainbow each day to get a variety of antioxidants. Challenge yourself to choose a new vegetable each week. Even one more serving a day is helpful.
- 2. Salad/lettuce section:** we paused here to discuss the "dirty dozen" and the "clean fifteen." Fruits and vegetables are split into these two categories based on how likely pesticides adhere to the skin/peeling of them. For more information; visit <https://www.ewg.org/foodnews/>
- 3. Natural/Organic:** Highlights here include, "don't assume everything in this section is automatically healthier." The bulk items were pointed out as a way to try a little of something without committing to the whole bag found in other parts of the store. (ex. Quinoa, pepitas, oats etc.) Not all bulk items are healthy (lots of chocolate items as well). Some snacks that Deb pointed out as healthier were the Benito's brand chips (original), the Terra variety chips and the Snap Pea Crisps. These foods are healthier than other potato chips to satisfy the crunch need.
- 4. In the Freezer section (part of organic/natural section yet):** Ezekiel bread is a healthier version of bread made with sprouted grains and kept in freezer. Toasting is best since it is so dense. Deb pointed out the fact that eating from a box is never the best choice but a few healthier brands are Amy's, Evol, and Italian Bistro.
- 5. Protein powders and bars:** First ask yourself if you need a protein powder? What do you plan to use it for? Protein is easy to obtain from food sources. When choosing a powder or a bar; look for 20-25 grams of protein per scoop and 10g per bar as a reference. Also look for products that have few grams of sugar and if no sugar what type of sweetener is used. Whey based protein powders are pretty commonly used but the hemp protein based ones are an excellent choice too. A few brand names mentioned were EAS and Orgain (Organic). As for protein bars; again what is your purpose of eating them? Look for low sugar, adequate protein to get you through that hungry part of your day and use when needed. Deb mentioned Luna, Lara, RX bar, Kind. Not everyone needs protein products if they are eating well.
- 6. Peanut Butters:** I had the group select their brand and look for trans-fats. Remember that the trans-fat grams can be at 0 but the FDA allows for manufacturers to put 0 grams on there if there is less than 0.5 grams in the product. It may not sound like a lot but American Heart Association (AHA) encourages no more than 2 grams of trans-fats a day so it adds up quickly.

Check for these words in the ingredients on your products; “fully or partially hydrogenated”. Try not to purchase these products anymore. When it comes to peanut butter; look for the product that has the least ingredients; i.e. peanuts or peanuts and sea salt. Your natural ones generally will need to be stirred prior to consuming them.

- 7. Oils:** In this aisle we discussed the variety of oils that are available. Oils are sources of poly-unsaturated fatty acids and mono-unsaturated fatty acids. We discussed that certain oils when cooked at too high of a smoke point can have their fats become rancid and have a negative effect on our bodies rather than being a healthy source of fats. Grapeseed oil was one that was discussed as being useful with cold or hot dishes. Olive oil can still be used for cold salads/dishes, of course, but if you are concerned with smoking point of oils; check out: https://www.huffingtonpost.com/2014/04/03/cooking-oils_n_5076730.html
- 8. Meats/Deli meats:** I could have spent an hour alone on meats but highlighted these tips: when purchasing meat, try to buy it in its’ purest form (without seasonings or marinades because usually a lot of sodium is added). We checked out the difference in sodium when comparing deli turkey vs. buying a turkey breast and easily roasting it yourself so you have sandwich meat all week and can control the cooking process. Watch out for nitrates and nitrites when purchasing meats. Remember that meat is expensive and can increase costs. Vegetarian sources of protein (beans, vegetables, legumes) are cheaper.
- 9. Cereals:** Check for grams of sugar per serving. Aim for 8 g or less for adults and 10g or less for kids. Choose cereals that do not have the harmful additives similar to Red 40, Blue 5, Yellow 5 or 6 and etc.
- 10. Snacks:** usually people crave snacks because they are looking for the crunch. Many snacks are airy, full of carbohydrates (empty ones without a lot of nutrition or fiber). Limit these. Try some of the healthier chips or snap pea crisps from time to time and add some homemade or healthy salsa for an added bonus of nutrition.
- 11. Breads:** Remember the Ezekiel bread we spoke about in the natural aisle. Look for the first ingredient to be whole wheat flour, check for the 100% whole grain seal; check out the whole grain stamp here as it can be small on packages: You want this on your breads. <https://wholegrainscouncil.org/> We also discussed the dating of breads and what the twisty ties actually mean from a freshness standpoint. Check this out! <https://www.today.com/food/what-color-bread-bag-twist-tie-means-t115214>
- 12. Yogurts:** Find one that you enjoy. Look for low sugar (and not with artificial sweeteners). Protein is also important so choose one that gives you some extra protein in your day.
- 13. Cheese:** part-skim mozzarella or white cheeses may provide a little less fat. Bottom line cheese is high in fat. Enjoy small amounts.