

# Smart Shopping



Pay for what you need (gluten-free has no health benefit if you are not gluten-intolerant) and what matters nutritionally (natural or fresh has no real meaning)

# Diet Products

- Do you justify eating since you ate or drank the “diet” food?
- Is the product actually healthy or full of empty and processed calories?
- Did you read the label to make sure the product meets your needs (if you don’t know your needs how can you meet them)?

Keep in mind a smaller portion of a regular product will often taste better and cost less

# Sugars

The carbohydrate type does effect how quickly and easily a carbohydrate molecule is digested and absorbed, but all forms of sugar contain just about the same amount of energy or calories

- Sugars contain only 4 grams total carbohydrate per tsp, but several tsp will add up (4 tsp = a serving of fruit)
- Sugars are not evil, but they must be used wisely in small amounts (such as a tsp)
- As you cut back on added sugar, give your taste buds some time to adjust

There is no nutritional advantage to more “natural” sugars, especially with small portions

# Smoothies and Fruit Drinks

- Some blends have 60 grams total carbohydrate (which = 1 apple, 1 orange, 1 cup strawberries and 1 small banana) with minimal fiber in one bottle
- Check the label for the number of servings in a bottle (there is often more than one)
- Natural, fresh or organic doesn't matter when it comes to weight loss, insulin resistance or diabetes but calories and total carbohydrate do

Experiment at home to make a healthier and cheaper fruit and veggie smoothie

# Homemade Smoothie

There are many smoothie versions so the calorie and carbohydrate content will change based on ingredients

## Basic fruit and veggie smoothie

- 1) puree 1 handful of cleaned greens (spinach, collard, kale, etc) with  $\frac{1}{2}$  cup milk, soymilk or water until smooth (expect some small green pieces to remain since most motors are not powerful enough to completely process greens)
- 2) add and puree 3 to 6 ounces plain regular or Greek style yogurt (1/2 to whole small container)
- 3) add and puree equivalent of 1 frozen fruit serving (1 cup blueberries, 1 small banana, etc)
- 4) add and puree 1 scoop protein powder (if desired)
- 5) taste and add sugar as needed (but try to cut back to no more than 1 tsp of added sugar). If using a flavored protein powder, keep in mind most contain a tsp of sugar per scoop (just under 2 tbsp

The thickness and sweetness will change based on the volume of liquid, the amount of frozen fruit, the type of yogurt and the addition of protein powder.

# Contains a Veggie Serving

- The veggie serving is actually a freeze dried powder mixed into the product
- The powder does not contain fiber to fill you up like an actual serving of veggies
- The processed product does not have the same nutritional value as eating a real serving of vegetable

These products are not doing any harm if the extra cost does not interfere with your ability to buy fresh or frozen produce

# Sea Salt

- All salt comes from the sea whether mined or the crystals are evaporated from sea water
- Sea salt is generally “chunkier” than granulated salt, so less weight will fit a tsp measure
- All type of salts (sea, Kosher, granulated, etc.) contain the same amount of sodium per weight

Some people can really taste the difference between types of sea salts. Then the extra cost may be worth it from a culinary, but it does not matter from a nutrition standpoint.