

The Good Housekeeping *Supermarket Diet* Shopping Guidelines

Print out and take these pages with you as you shop. They list guidelines for calories, fiber, sodium, and other nutrients for a range of foods that are mainstays of *The Supermarket Diet*. So, when you're trying to choose a pasta sauce, just pull out these pages and check the "Pasta Sauce" guidelines, and find a jar of sauce that meets the criteria. Ditto for other foods on your shopping list.

Canned and Dry Foods

Bread and Crackers

BREAD

- Calories: 60 to 75 per slice
- Dietary fiber: at least 2 g per ounce (29 g). For many breads, an ounce is about 1 slice.
- Ingredient list: The first ingredient should be a whole grain, with the word *whole* in front of the words *wheat*, *rye*, or another grain. Oats don't have to be preceded by *whole*. Also acceptable: a white-flour product with bran and germ added back.

CRACKERS

- Serving size: 1 ounce (29 g)
- Calories: 115 to 130
- Dietary fiber: at least 3 g
- Saturated fat: 0.5 or less
- Ingredient list: The first ingredient should be a whole grain, with the word *whole* in front of the words *wheat*, *rye*, or another grain. Oats don't have to be preceded by *whole*. Also acceptable: a white-flour product with bran and germ added back.

Cereal and Breakfast Bars

COLD CEREAL

- Fiber: At least 4 g per 100 calories (translates to at least 6 g fiber per 150 calories)
- Saturated fat: No more than 1 g per 100 calories (1.5 g per 150 calories)
- Sugars: Preferable, but not a must: no more than 5 g per 100 calories, or no more than 8 g per 150 calories. It's OK for cereals like Raisin Bran, with dried fruit in the ingredient list, to have more sugar, about 7 g per 100 calories (11 g per 150 calories). That's because some of that sugar comes from the dried fruit, which is also supplying fiber and nutrients. But some fruit-filled cereals add too much sugar, so compare labels; the health food store versions are usually more moderate.
- Ingredient list: Preferable, but not a must: 100 percent whole grain. Some cereals break down the whole grain, then reassemble it.

HOT CEREAL

- Ingredient list: 100 percent whole grain or whole grain plus bran and/or wheat germ. Examples of whole grains in the ingredient list: barley, brown rice, oats, quinoa, whole rye, whole triticale, whole wheat. Exception: Oat bran. It's just the bran, not the whole-grain oat, but oat bran has been proven to help lower cholesterol.
- Sugars: Less than 5 g per 100 calories
- Fiber: At least 4 g per 150 calories

BREAKFAST BARS

- Fiber: At least 4 g per bar or 3 g per 100 calories
- Saturated fat: No more than 1 g per 100 calories
- Sugars: Preferably no more than 6 g per 100 calories (However, if fruit is a major ingredient, it's OK for sugar to be higher because it's naturally occurring fruit sugar.)
- Ingredient list: Preferably contains whole wheat, oats, or other whole grain

Canned Goods

CANNED CHILI, PER CUP

- Calories: 210 or less
- Saturated fat: 1 g or less
- Sodium: 800 mg or less

PASTA SAUCE (RED SAUCE, SPAGHETTI SAUCE), PER HALF CUP

TRY FOR AT LEAST THREE OUT OF FOUR:

- Calories: 90 calories or less
- Fat: 4 g or less
- Saturated fat: 2 g or less
- Sodium: 600 mg or less

SOUP AND BROTH

- Fiber: Choose mainly bean-based soups with around 5 g or more fiber per cup.
- Sodium: Aim for soups with under 600 mg of sodium per cup; the lower the better. Many Tabatchnik soups, found in the frozen section, are relatively low-sodium.
- Skip the cream soups; they usually offer little nutrition and often lots of fat. An exception: aseptically packaged “cream” soups based on soy milk sold in Health Food Stores (for example Imagine, Pacific, and Whole Foods’ 365 brand).
- Broths should be under 400 mg sodium per cup.

Condiments/Dressings

SALAD DRESSING

- Calories: Regular dressing should be 100 to 150 calories per 2 tablespoons, the serving size usually listed on the label. Reduced-fat/reduced-calorie dressing should be under 100 calories per 2-tablespoon serving

- Fat: Choose dressings based on olive oil or canola oil
- Sodium: Compare labels, choose those lower in sodium.

SOY SAUCE (LIGHT), PER TABLESPOON

- Sodium: 560 mg

PEANUT AND OTHER NUT BUTTERS

- 150 mg sodium or less per tablespoon

Frozen Foods

Chicken and Turkey

CHICKEN AND TURKEY BURGERS (PATTIES)

- Serving size: 1 burger, 4 ounces (113 g)
- Calories: 160 to 170
- Fat: 8 g or less
- Saturated fat: 2.5 g or less
- Protein: 21 g or more

Fish

FISH BURGERS (FISH PATTIES)

(These guidelines are averages because numbers vary depending on the type of fish.)

- Serving size: 1 burger, 3.2 ounces (91 g)
- Calories: about 100
- Fat: about 3 g
- Saturated fat: 0 to 1 g
- Protein: about 17 g

FISH FILLETS, UNBREADED

These guidelines are averages because numbers vary depending on the type of fish.

- Serving size: 3.8 ounces (108 g)
- Calories: about 110
- Fat: about 3 g
- Saturated fat: about 0.5 g
- Protein: about 17 g

Meals and Other

FROZEN MEALS

- Calories: At least 300 calories, ideally 300 to 400 calories.

Look for at least two of the following:

- Saturated fat: No more than 5g
- Fiber: 5 g or more
- Sodium: 600 mg or less
- Protein: At least 14 g
- Carbs: Not much more than 45 g

PIZZA

- Calories: 450 to 470. That's a dinner portion on the Keep On Losin' plan. Add a salad with ½ teaspoon olive oil—for another 45 calories—for a meal total of about 500 calories. (If you want pizza for lunch on the Keep On Losin' plan, have about 350 calories' worth.) Read labels very carefully; sometimes 450 calories is an entire small pizza, sometimes a third of a pizza, or another amount. Do the math!
- Saturated fat: 7 g or less per 450 calories, which works out to be about 2 g saturated fat per 100 calories
- Sodium: Compare labels; the lower the better. Good luck!
- Toppings: vegetables, chicken, ham. Don't even pick up pizzas with pepperoni, sausage, ground beef, or double cheese! An exception: Reduced-calorie pizzas, such as some of the Lean Cuisine Café Classics Pizzas, which manage to include pepperoni and sausage and keep saturated fat and calories low.

VEGETABLE BURGERS

- Serving size: 1 burger, 2.5 ounces (70 g)
- Calories: preferably 110 to 120 (If you like one of the lower-calorie burgers, such as Boca Original Burger for 70 calories, then have 1½ burgers.)
- Protein: 12 g or more
- Sodium: Preferably under 400 mg, but if all the other elements are in place, it's OK to exceed this.
- Ingredient list: Soy should be the first or second ingredient.

WAFFLES

- Serving size: 2 waffles
- Calories: 190 or less
- Fiber: 4 g or more
- Sugars: Preferably under 5 g

Refrigerated Foods

Dairy

CHEESE, REDUCED-FAT/REDUCED-CALORIE

- Serving size: 1 ounce (29 g)
- Calories: No more than 75
- Fat: No more than 4 g
- Calcium: At least 20% of the DV

CREAM CHEESE, REDUCED-FAT

- Serving size: 2 tablespoons (30 g)
- Calories: 60 to 70
- Fat: 4 to 5 g
- Saturated fat: 3 g

MILK OR SOY MILK

- Serving size: 1 cup
- Calories: No more than 110
- Calcium: At least 25% of the DV

TRANS FAT-FREE MARGARINE

- Serving size: 1 tablespoon (14 g)
- Calories: 70 to 80
- Total fat: 8 to 9 g
- Saturated fat: 2.5 g or less
- Trans fat: 0 g
- Sodium: 95 g or less

Deli

DELI MEATS

- Serving size: 2 ounces (56 g)
- Calories: 45 to 80. One reason calories vary is because some companies inject water into their product, adding weight, not calories. So, while one brand may seem more expensive, it may not be if you're getting more real meat.
- Saturated fat: 1.5 g or less
- Sodium: Preferably under 500 mg sodium

CHICKEN AND TURKEY, PRECOOKED SKINLESS STRIPS (NOT BREADED)

- Serving size: ½ cup (71 g)
- Calories: 90 or less
- Fat: 2 g or less
- Saturated fat: 1 g or less

Fresh Meat

FRESH GROUND CHICKEN, RAW

- Serving size: 4 ounces (112 g)
- Calories: 170 or less
- Fat: 11 g or less
- Saturated fat: 3.5 g or less

FRESH GROUND TURKEY, RAW

- Serving size: 4 ounces (112 g)
- Calories: 160 or less
- Fat: 8 g or less
- Saturated fat: 2.5 g or less

Beef: Top sirloin, tenderloin, flank steak, London broil, tenderloin, roast beef, ground beef 90% fat-free (with the exception of the occasional burger using 85% fat-free)

Veal: Roast or lean chop

Lamb: Roast or lean chop

Pork: Pork tenderloin