

# Total Nutrition

## Making a (Grocery) List; Checking it Twice

(NAPSA)—Do you go food shopping without a grocery list? I try to bring a list every time. What a disaster when I don't! I forget to buy the foods I need most and end up with "off the list" items that I shouldn't have bought. Shopping with a list also helps you to stock your kitchen with high nutrition foods. And it does not take much work.



**Mindy Hermann**

Organize your list based on types of foods. "Start your list with fruits and vegetables," suggests Jo Ann Hattner, MPH, RD, a family nutrition expert based in Palo Alto, California.

"Putting them on the list can help you and your family to get your minimum five daily servings. Think first about what is in season. Then fill in your list with choices from the frozen and canned aisles."

Ask your children to add their favorite fruits and vegetables to the list. Packaged salad mixes save time and are easy for even young children to prepare. Baby carrots are fun to dunk into salsa, yogurt dips or ketchup. Tangerines, grapes and baby bananas are naturally child-sized.

Put an assortment of whole grains on the list. Whole Grain Total and other whole grain cereals help start your day with the first of three daily whole grain servings. Whole grain pita, tortillas, and rolls add variety to lunch sandwiches. Dinner preparation is a breeze with whole

### Grocery List Categories

- Fruits and vegetables
- Lean meats, poultry, fish
- Dairy products
- Cereals, grains and breads
- Frozen foods
- Canned foods
- Snacks
- Condiments and other items



grains like quick-cooking brown rice, whole wheat couscous or whole wheat pasta.

Include lean meats, poultry and fish on your list. Meats and poultry that will not be eaten within a couple of days can be wrapped well and frozen. Fresh fish tastes great but canned fish, like tuna and salmon, are convenient alternatives to keep on hand.

Add healthy lunchbox and after school treats. Pretzels, baked chips, low-fat granola bars, yogurts, and frozen fruit bars are kid pleasers. It is okay to run out of snack foods that you would rather not have in the house. You and your kids will eat less when you have less to choose from.

### Ask Mindy

**Q: Are frozen fruits and vegetables as nutritious as fresh?**

A: Frozen fruits and vegetables have the same nutritional benefits as fresh. They are particularly useful to have in the freezer during the winter months, when many fresh items are out of season. Include single varieties, like spinach or peas, as well as vegetable or fruit combinations.

