



Agequake Grocery List!

Grain Products : 6 or 7 servings every day

LOOK for : Whole grain and enriched products, cereals that provide at least 3 g of fiber/serving
Unsalted crackers that provide no more than 300 mg sodium and 4 grams fat/serving

Bread : _____

Bagels

English muffins

Whole grain or high fiber crackers

Plain cookies or graham wafers

Oatmeal

Hot breakfast cereal : _____

Pasta : _____

Rice : _____

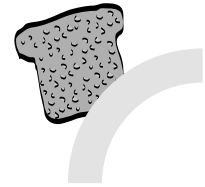
Bulgur Barley Couscous

Pita bread Tortillas

Flour

Ready-to-eat cereal : _____

Bran: _____



Vegetables and Fruit : 7 servings every day

LOOK for : Deeply colored orange, yellow, red and dark green vegetables and orange fruit
Fruit or juices that have been prepared without added sugar
Check drained weight or number of servings per can to compare prices

Fresh dark orange vegetable

Fresh dark green vegetable

Vegetable : _____

Onions Potatoes

Celery Garlic

Tomato or vegetable juice

Canned or frozen veg. : _____

Salad ingredients : _____

Fruit juice

Fresh fruit _____

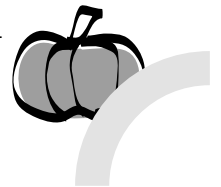
Fresh fruit : _____

Dried fruit : _____

Frozen unsweetened fruit

Unsweetened canned fruit

Tomato : sauce paste _____



Fats and oils : These foods do not belong to any of the 4 food groups in Canada's Food Guide. They can be eaten in small amounts to provide essential fatty acids, vitamins A, D, E and K, energy and extra flavor to your diet.

LOOK for : Non-hydrogenated, soft margarine with a low saturated fat content
when trying to lower your blood fat levels.

Butter or non-hydrogenated margarine

Salad dressing

Cooking oil : olive, canola, soya, nut
