



## Healthy Choice Workshop-Whole Foods July 1

### Whole Foods Healthy Choice Workshop

Enter Store, Go left toward Produce

Follow store perimeter: Produce, Bakery, Fish, Poultry and Meat, Dairy, Kitchen/Prepared

Enter aisles and weave back to produce: Frozen foods, Pasta, Cereals, Baking

1. Produce
  - a. Produce should be the first stop!
  - b. Utilize fresh herbs for flavor
2. Bakery/Bread
  - a. "Whole" not "12 grain, Nut..."
  - b. Look at serving size
3. Fish
  - a. Omega 3's
  - b. Fatty fish, do not get battered or pre-battered/breaded
4. Poultry/Meat
  - a. Boneless and skinless
  - b. Have fat removed, less marbled meats
  - c. Good cuts to choose
5. Dairy
  - a. Yogurt as a good portable snack
  - b. Egg whites
  - c. Skim milk, soy milk
  - d. Cheese- better choices
6. Kitchen/Prepared Food Deli
  - a. Watch sauces, nuts, etc.
  - b. Good ideas for making your own sides at home
7. Frozen Foods
  - a. Watch sodium content
  - b. Nothing breaded or sauced
8. Pasta/Rice
  - a. Whole grains
9. Juice and snack aisle
  - a. Why should you avoid juices and snacks
  - b. What are good alternatives?
10. Cereal
  - a. Look at fiber, fat, calories, and serving size
  - b. Claims on labeling
11. Baking
  - a. Whole Wheat vs. All Purpose Flour
12. Register items
  - a. Value buys
  - b. Impulse buying