

Stocking the Pantry...

Instead of...	Choose more of....
Cupboard	
Breads	Look for 100% whole wheat bread. Sometimes the simpler the bread the better. Try to avoid buns they tend to be high in salt. Avoid Dempsters SMART bread®.
Canned foods	<ul style="list-style-type: none"> • Beans- any kind. Try to buy them in water not in tomato sauce to avoid excess salt. Rinse your beans with water. • Broth- Choose low sodium broths • Meats (chicken, tuna)- Choose ones that are made in water. • Tomatoes- look for low sodium
Cereals	When buying cereal you are looking for fibre. The higher the fibre content the better the cereal. A cereal greater than 4 g of fibre per serving is high. You can also try adding all bran cereal to your favourite cereal.
Cookies	Read the label, choose ones lower in fat. Everyone deserves a treat so treat yourself.
Crackers	When choosing crackers you are looking at the fibre and sodium content. The higher the fibre the better. Sodium should not exceed 10% per serving.
Herbs and spices	Learn to cook with spices to reduce your salt intake. Look for the word "powder" (i.e. onion powder, garlic powder). When buying mixed spices make sure it says " No Salt" : Mrs. Dash® is a good one.
Jams and Jellies	Try to choose ones made with a sweetener. E.D. Smith® is a brand that uses sucralose.
Ketchup	Look for low sodium ketchup by Heinz®.
Main dish mixes (stuffing, lipton sidekicks, kraft dinner)	Try to avoid these as much as you can. They are very high in fat and salt. They contain little to no nutrition.
Mayonnaise	Choose ½ fat mayonnaises.
Pasta	Choose 100% whole wheat. If you are not used to the taste buy white and whole wheat and mix both at meal time. Do not buy SMART pasta.
Pasta Sauce	Pasta sauces tend to be high in salt. Read your labels choose

	ones that are lower in salt.
Peanut butter	Peanut butter is a good source of protein. Try to choose low fat versions. Read the label to make sure look for the word "light".
Pickles	Pickles are high in salt, one pickle can meet 1/3 of your daily salt intake. Try to limit these as much as you can.
Salsa	Salsa can be a nice dip for snacking. Choose ones that are lower in salt.
Salt	Try to limit table salt; more than 70% of your salt intake comes from foods. <i>Sea salt vs. Salt</i> has no difference in nutritional value.
Soft drinks	If you are going to have a soft drink try diet drinks. OR try buying juice and adding club soda for carbonation this way your drink is a little more nutritious.
Soups (canned or dry)	Try to limit these as much as you can they are very high in salt. Add your own vegetables to canned soup for added nutrition.
Soy sauce or marinating sauce	About 1 tablespoon of these sauces can contribute to 1/3 of the recommended salt intake. Try to limit these...use herbs and spices instead to flavour foods.
Syrups	Use syrups made with a sweetener to reduce sugar intake.
Tomato sauce and paste	Read the labels look for low salt. Most tomato sauces and paste are okay.
Vegetable oil	If you are frying use canola oil If you are adding to cold foods use extra virgin olive oil
Refrigerator	
Cheese	Choose hard cheese. Look for less than 20% M.F. this can be found on the front packaging. Cottage cheese is very healthy feel free to include more of this in your diet.
Cream	Try to limit this as much as you can. For your coffee add milk. For cream based soups add milk instead.
Eggs	There is no nutritional difference between brown or white. Eggs are very nutrient rich.
Fruit juice	Try to limit juice no more than 1 cup per day. Look for 100% juice. A healthy alternative is crystal light or juice diluted with water or club soda.
Margarine or butter	Both are fat. Margarine has less "bad" fat so overall it is healthier but too much of any fat is not good. Becel Light® is a good choice.
Milk	Choose skim, 1%, 2%, or chocolate.
Sour cream	Choose fat free of 1% or 2% sour cream.

Yogurt	Yogurt can be high in sugar. 1 flavoured yogurt cup has 3 teaspoons of sugar. It is best to choose plain yogurt and add your own fruit to it.
Frozen	
Ready made foods (frozen meat, meat pies, fish, sausage, pizza, wings, chicken nuggets, desserts, pancakes, waffles)	Try to avoid as much as you can they contain little nutrition and are high in salt and fat.
Frozen veggies or fruit	Feel free to buy any kind.
Ice cream	Try to choose frozen yogurt it is lower in fat. Add fruit for added nutrition.
Baking	
Cocoa	This is a good choice when baking. You can add this to milk for that chocolate flavour. Cocoa has no sugar.
Bisquick or pancake mix	Try making your own pancake mixes.
Brownie/cookie mixes	<p>Make your own from scratch that way you know what is going in them.</p> <p style="text-align: center;"><i>Know what goes in your food!!</i></p> <p>Ingredients in packaged cookie dough: Enriched wheat flour, sugar, chocolate flavoured chips (sugar, hydrogenated palm kernel oil, cocoa, dextrose, soy lecithin), soybean and cottonseed oil shortening (contains citric acid), water, hydrogenated soybean oil, blackstrap molasses, wheat protein isolate (wheat gluten, lactic acid, sulphites), dried whole eggs (contain sodium silicoaluminate), salt, baking soda, sodium aluminum phosphate, artificial flavor.</p> <p>Ingredients in homemade cookies: eggs, sugar, brown sugar, vegetable oil, vanilla extract, all purpose flour, baking powder, baking soda, salt, semisweet chocolate</p>
Sugars	Try to use splenda if you can. It is not recognized as sugar in our body.