

WEEK FIVE

Buying Patterns

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Easy Meal Ideas

Buying Patterns

This week we are asking you to change the way you purchase food. If someone else is in charge of food shopping, it is important to discuss this step with him/her.

1. Set aside one time per week for grocery shopping. Select a time when you are least likely to be hungry, tired, or stressed.
2. Begin shopping from a list, even if you need only a few items. If you do not shop for food, help the person preparing the shopping list. *Stick to that list.*
3. Walk down only those aisles that contain food from your list.
4. If others in your home eat high-calorie non-nutritious foods, encourage them to shop for themselves.
5. If you must go to the grocery store between your *planned* shopping trips, take only enough money to purchase what you need. Go immediately to the aisle, get what you need, then straight to the cashier.
6. Shop alone whenever possible to avoid being encouraged to make unnecessary or harmful purchases.
7. Buy foods which require preparation. Ready-to-eat foods allow you to eat impulsively without much thinking or effort. Limit your ready-to-eat purchases to fruits and vegetables.
8. Remember, when you are in a supermarket you are not in friendly or even neutral territory, weight-control-wise. The retail food industry spends millions of dollars a year on efforts (some obvious, some subtle) to get you to spend more than you expected to when you entered the store. This means they want you to part with extra bucks, which will probably lead to taking in extra calories.

Never enter this hostile environment unarmed. Always have a plan and carry your list.

Foods To Choose When You Shop

Your Grocery Shopping List

➤ **Meat, Poultry, Fish and Shellfish**

- Lean cuts of meat
- Beef: eye of round, top round
- Pork: tenderloin, sirloin, top loin
- Veal: shoulder, ground veal, cutlets, sirloin
- Lamb: leg-shank
 - Lean or extra lean ham and ground beef
 - Chicken or turkey (remove skin)
 - Fish
 - Shellfish

➤ **Dairy Products**

- Skim or 1% milk
- Cheeses labeled “reduced fat,” “low fat,” “light,” “part-skim” or “fat free”
- Low fat or non-fat yogurt and sour cream

➤ **Fats and Oils**

- Margarine (diet, tub, liquid)
- Vegetable oils (canola, corn, olive, peanut, safflower, sesame)
- Low fat peanut butter

➤ **Fruits and Vegetables**

- Fruits: fresh, frozen, canned or dried
- Vegetables: fresh, frozen or canned without any cream or cheese sauces
- Juices: fresh or frozen

➤ **Breads, Cereals, Rice, Pasta, and Dry Peas or Beans**

- Breads (whole wheat, rye, pumpernickle, white)
- Buns, dinner rolls, bagels, English muffins, pita breads
- Low fat crackers
- Tortillas
- Hot and cold cereals
- Plain pasta
- Rice
- Dry peas and beans (black-eyed peas, chick peas, split peas, kidney beans, lentils, navy beans, soybeans)

➤ **Sweets and Snacks**

- Low fat cookies (animal crackers, graham crackers, fig and other fruit bars, ginger snaps, vanilla and lemon wafers, devil’s food cookies)
- Angel food and other low fat cakes
- Frozen yogurt, fruit ices, ice milk, sherbet, light fudge or fruit popsicles
- Pudding made with skim or 1% milk (sugar-free pudding mixes)
- Sugar-free gelatin
- Popcorn without butter, pretzels, baked chips

