



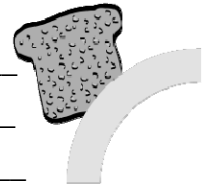
Agequake Grocery List

Grain products: 6 servings for women and 7 servings for men per day

- LOOK** for:
- Whole-grain products, breads and cereals that provide at least 3 g of fiber per serving.
 - Low-sodium crackers that provide no more than 300 mg of sodium.
 - Ready-to-eat cereals with less than 5 g of sugar.

Whole-grain bread _____
 Whole-grain bagels _____
 Whole-grain English muffins _____
 Whole-grain or high-fiber crackers _____
 Oatmeal _____
 Hot breakfast cereal _____
 Other _____

Whole-wheat pasta _____
 Brown or wild rice _____
 Bulgur ___ Barley ___ Couscous ___ Quinoa ___
 Pita bread ___ Tortillas ___
 Flour _____
 Cereal _____
 Bran _____



Vegetables and Fruit: 7 servings per day

- LOOK** for:
- Brightly-coloured orange, yellow, red and dark green vegetables.
 - Fruit or 100% fruit juice (not from concentrate) without added sugar; enjoy no more than 125 mL (1/2 cup) of real fruit juice every day.
 - Check drained weight or number of servings per can to compare prices.

Orange vegetables (such as carrots, sweet potatoes, and winter squash) _____
 Dark green vegetables (like broccoli, romaine lettuce, and spinach) _____
 Vegetables _____
 Onions ___ Potatoes ___ Celery ___ Garlic ___
 Low-sodium tomato or vegetable juice _____
 Canned or frozen veg. _____
 Salad ingredients _____

100% fruit juice _____
 Fresh fruit _____
 Fresh fruit _____
 Dried fruit _____
 Frozen unsweetened fruit _____
 Canned fruit (in juice or water) _____
 Tomato: sauce _____ paste _____



Fats and oils: Eaten in small amounts, fats and oils provide essential fatty acids, vitamins A, D, E and K, energy, and extra flavour to your diet: Include a small amount (30 to 45 mL or 2 to 3 tablespoons) of unsaturated fat each day, which includes oil used for cooking, salad dressings, margarine and mayonnaise.

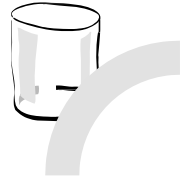
- LOOK** for:
- Vegetable oils such as canola, olive and soybean
 - Non-hydrogenated, soft margarine with low saturated fat and trans-fat content.
 - Limit butter, hard margarine, lard and shortening.

Non-hydrogenated margarine or butter _____
 Salad dressing _____ Mayonnaise _____

Cooking oil: canola, soya, nut, grapeseed _____

Milk and Alternatives: 3 servings per day

- LOOK for:**
- Skim, 1% or 2% milk.
 - If you do not drink milk, drink fortified soy, rice or almond beverages.
 - Milk alternatives with a lower fat content (lower M.F. %).

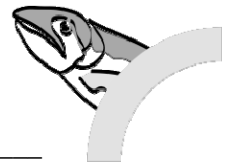


Milk ___% (or fortified beverage) _____	Cottage cheese 2% M.F. or less _____
Skim milk powder _____	Quark cheese _____
Buttermilk _____	Cheese _____ 7-18% M.F.
2% evaporated milk _____	Cheese slices _____
Yogurt less than 2% M.F. _____	Ice milk _____
Yogurt drink _____	Other _____
Milk pudding _____	Other _____

Meat and Alternatives : 2 servings for women and 3 servings for men per day

- LOOK for:**
- Poultry and leaner meats: the leanest cuts come from: flank, loin, round, rump, and sirloin.
 - Fish rich in omega-3 fatty acids like salmon, trout, herring and sardines.
 - Beans, peas, chickpeas and lentils. • Eggs, an inexpensive source of complete protein.
 - Limit deli meats (sausage, bacon, sliced meats); instead, enjoy leftover cooked chicken, turkey, pork or beef.

Eggs or egg substitutes _____	Dried or canned beans _____
Chicken _____	Dried or canned peas _____
Turkey _____	Dried lentils _____
Beef _____	Nuts (almonds, walnuts, peanuts, etc.) _____
Pork _____	Seeds (sunflower, pumpkin, etc.) with no hydrogenated oil _____
Liver _____	Peanut or nut butter _____
Seafood _____	Tofu _____
Canned fish tuna _____ salmon _____	Fish _____
(in water): mackerel _____ sardines _____	
Frozen entrees (with at least 14 grams of protein per serving) _____	



Other Foods & Beverages: Choose these items with care and use them wisely to ensure they do not take the place of nutrient -rich foods from the four food groups.

Baking supplies _____

Beverages _____

Miscellaneous _____

Seasonings, condiments & sauces _____

Sweets & sweeteners _____

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