



Commissary Shopping Tips

Shop with the end in sight. Make sure to choose a variety of foods from the food guide pyramid on a daily basis.

Rules for All Foods

- Avoid products with partially hydrogenated oils listed in the ingredients.
- Avoid products with *Trans* fat listed on the nutrition label.
- Limit portions of high calorie, low nutrient snack foods and drinks to less than 150 calories per day. (Ice-cream, cake, cookies, soda, fried foods, chips and dips)

Produce Section (Fruits and Vegetables)

- Make sure to consume fruits and vegetables daily.
- Consume dark green vegetables 3-5 times per week. (Broccoli, spinach, collards, okra)

Grains, Starches, and Sugars

- Choose pasta, bread, cereals, and flour with whole-wheat or whole grain, as the 1st ingredient listed, preferably with 100% whole wheat advertised on the package.
- These products should provide 2-4 grams of fiber for every 15 grams of carbohydrate.

Protein

- Choose vegetable sources of protein as often as possible. (Tofu, soy, beans, nuts, seeds)
- Select low-fat and lean looking cuts of meat. Leaner veal and beef cuts have “loin” or “round” in their names. Lean pork cuts have “loin” or “leg” in their names.
- Limit egg yolks to 2-3 per week.

Fat

- Eat small portions (1-3 ounces) of unsalted nuts and seeds daily.
- Choose oils, dressings, and sauces high in omega-3 fatty acids, mono- and poly-unsaturated fat. (Fish, ground flaxseed, olive oil, canola oil, soybean oil, peanut oil, and avocado)
- Limit saturated fat, *Trans* fat, cholesterol, and partially hydrogenated oils.

Milk and Yogurt

- Choose skim or 1% milk
- Choose reduced fat cheeses and yogurt
- Don't drink milk? Try calcium fortified juices, soy milk, and high calcium vegetables. (Swiss chard, chicory, collard greens, arugula, kale, mustard greens, spinach)

**Check out Kay's Kitchen on the commissary website at*

*http://www.commissaries.com/kays_kitchen.cfm and read articles by the Commissary Dietitian, Lt Col Hawkins, at http://www.commissaries.com/healthy_living/dietitian/index.cfm**