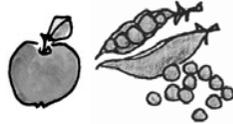


Best Buys in the Four Food Groups

Making healthy food choices does not have to be expensive! Use the following tips to find the best buys for each of the four food groups from Canada's Food Guide.

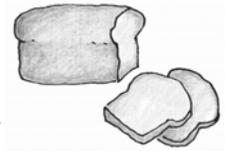
Vegetables and Fruit



Best Buys: apples, bananas, grapefruit, oranges, frozen juices, potatoes, cabbage, carrots, canned tomatoes and plain frozen vegetables such as peas, green beans, mixed vegetables, and spinach.

- Buy canned or frozen vegetables and fruits during the winter months. They may be cheaper than fresh vegetables and fruits that are out-of-season.
- Look for generic brands of canned or frozen vegetables and fruit. They are often cheaper.
- Sliced canned fruit is a better buy than whole or halves. Buy canned fruit packed in its own juice with no sugar added.
- Buy fresh berries or go berry-picking in-season and freeze to enjoy at a later date.
- Buy fresh produce in amounts that you can use before they go bad. If you buy a pre-packaged bag and won't eat it all, split the contents with a friend.
- Buy plain, bagged, frozen vegetables. The vegetables that are boxed and packaged with added sauces are more expensive and higher in fat and salt.
- Eat coleslaw more often. Cabbage is a healthy choice and cheaper than lettuce.
- When choosing a juice, look for 100% pure fruit or vegetable juice or unsweetened juice. Fruit or vegetable "drink", "beverage", "punch" or "cocktail" contain a lot of added sugar.
- The best buy is frozen juice concentrate. Apple, orange and tomato juice tend to cost less and are often on special.

Grain Products



Best Buys: rice, dry pasta, bread, rolled oats and plain hot cereals.

- Choose whole grain breads, cereals, crackers and pasta most often. Look for grain products with at least 2 grams of fibre per serving.
- Plain dry pasta shapes like macaroni and spaghetti may be cheaper than fancy shapes.
- Buy pasta on special and stock up. It can be stored for a long time in a dry place.
- Purchase grains such as rice in bulk or on sale.
- Avoid buying rice and pasta side dish mixes. They are much more expensive than plain rice and pasta and are higher in fat and salt.
- Buy from bakeries or grocery stores at the end of the day for discounts.
- Buy whole grain and plain cereals instead of sugary ones. They are cheaper and better for you.
- Cooked cereals, such as rolled oats, are less expensive than ready-to-eat cereals.
- Look for generic brand grain products. They are often much cheaper.

Tip:

Buy bread on sale and freeze it. Bread can be frozen for up to 3 months.

Milk and Alternatives

Best Buys: skim milk powder, milk, evaporated milk, cheddar or mozzarella cheese and plain yogurt.



- Choose low fat milk, yogurt and cheese most often.
- Skim milk powder is sometimes cheaper than fluid milk. Be sure to compare prices before you buy. It is easy to store and is a good source of calcium and protein. You can add skim milk powder to cooking and baking in sauces, puddings, casseroles, soups, hot cooked cereal, mashed potatoes and pasta dishes. Mix $\frac{1}{3}$ cup (75 mL) of milk powder plus 1 cup (250 mL) water, in place of fluid milk.
- Buy milk in recyclable plastic jugs. They are cheaper than milk in cardboard cartons.
- Choose generic cheese brands or store wrapped cheeses. Choose lower fat cheeses most often.
- Buy cheese in blocks. Slicing or grating your own cheese is cheaper. Cheese can be frozen and used later in casseroles and pizza.
- Substitute evaporated milk for cream.
- Buy plain “no name” yogurt and flavor it yourself with fresh, canned or frozen fruit.
- It is cheaper to buy yogurt in the larger containers, instead of the individual serving sizes.

Meat and Alternatives

Best Buys: natural peanut butter, dried or canned beans or lentils, eggs, hamburger, blade or rump roast, canned light tuna and utility grade chicken.



- Meats can be the most expensive item in your cart. Buy cheaper cuts of meat and marinate them or slow roast them with water in a covered dish.
- Use dried or canned lentils or beans, such as kidney beans, black beans or baked beans. They are an inexpensive substitute for meat, are lower in fat and are a good source of fiber.
- Purchase utility grade poultry. It may have a missing part, be bruised, or have some skin removed, but it is safe to eat and tastes the same.
- Buy a whole chicken and cut it up into wings, breasts, thighs and drumsticks. It's cheaper than buying chicken already cut in pieces.
- Meat cuts from the shoulder or chuck such as blade, pot roast and stewing beef are leaner and cost less. Cook them slowly in liquid such as beef broth or tomato juice to make them tender.
- Choose cold cuts from the deli counter. It is cheaper than prepackaged brand name products.
- Plain frozen fish is less expensive than fresh or battered fish.
- Canned tuna and salmon cost less than fresh fish.
- Eat smaller servings of meat or fish, about the size of a hockey puck. Fill up on vegetables to save money and your health! Vegetables should fill half of your plate. The other half can contain your meat and pasta, rice or bread portions.

