

Tips for Smart Grocery Shopping

The Grocery Store...sometimes a dreaded chore and sometimes a pleasant retreat???

The Grocery Store Visit can be intimidating and can break the bank. It can also be a great place to learn more about the foods you prepare for your family and can help you make better food choices.

A strategy at the store is needed in order to shop smart and healthy. The first thing you need to know is how to shop the grocery store. Did you know that your healthiest foods are on the outside perimeter of the store? On the perimeter of the store you will find the most "whole foods" and "less processed" foods. These include fresh fruits and vegetables, whole grains, meat, poultry, milk and cheeses. One suggested rule is to try to spend 80% of your grocery dollars on items from the perimeter of the store and the other 20% from items found up and down the aisles. This should help make your purchases healthier and less processed.

Another smart tip is to buy only what you need and can afford. It sounds simple, but we have all gotten to the checkout and questioned why we picked up some of the items in our grocery cart. Don't enter the store without your grocery list and coupons. Grocery stores count on impulse buying, so be aware and avoid picking up items not on your list.

Another smart tip is to avoid convenience foods such as prepared vegetables, pre-made sandwiches, and foods in boxes that just require you to add water or another ingredient. These convenience foods probably contain more calories, sodium and fat than is desirable. Making these foods at home yourself and altering recipes to make the items lower in fats and sodium better serve you.

Try buying generic items for your staples such as whole-wheat flour, whole grain cereals, frozen and canned vegetables. The generics or store brands will save you money and are fine from a nutritional perspective.

Look at the entire shelf. Many times the higher priced groceries are placed at eye level while the lower priced and many times healthier items are at the top or very bottom of shelves. This is especially true in the cereal aisle where the "kid friendly" not necessarily "kid healthy" items are shelved at children's eye level.

Watch your mood when you are shopping. Many people shop to feel good. However, to save money and reach your bigger goals always stick to your list and your budget. This will help make you a healthier, wealthier and wiser grocery shopper!

Cruciferous Vegetables

Cruciferous vegetables (named for their tiny cross-forming flower petals) belong to the cabbage family. The family portrait includes everything from arugula to watercress – with broccoli, bok choy, Brussels sprouts, cauliflower, collards, kale, kohlrabi, mustard greens, radishes, rutabaga, Swiss chard and turnips in between.

Why so healthful? First their nutrients: beta carotene (which forms vitamin A), vitamin C and varying amounts of calcium, iron and folate. Second, cruciferous vegetables have a unique phytonutrient array that includes cancer-fighting indoles and isothiocyanates and fiber.

You Are What You Eat

Eating out is very common with today's on-the-go lifestyle. To help you eat better, featured below are healthy items on the Panda Express® menu.

Try to select some of these healthier options for your entree:

Chicken with String Beans

(170 calories 8 g fat 3 g fiber)

Spicy Chicken with Peanuts

(200 calories 7 g fat 4 g fiber)

Beef with Broccoli

(150 calories 8 g fat 1 g fiber)

Mandarin Chicken

(250 calories 9 g fat 2 g fiber)

Steamed Rice

(380 calories 2 g fat 4 g fiber)

Get Moving!

(Family-Friendly Activities)

Dr. Seuss Exhibit

Date: Through – March 10

Location: Plainfield Public Library

Cost: FREE

Come view limited edition artwork by Ted Geisel, otherwise known as "Dr. Seuss". Mark your calendar for the gallery reception which will be held on Dr. Seuss' birthday, March 2nd, from 6 to 8:30 PM.

Contact: Plainfield Public Library, 839-6602

Swim Lessons

Sessions Begin March 19

Time: varies

Location: Brownsburg High School

Cost: \$35

Join the Brownsburg Parks and Recreation Department for their winter and spring swim lessons, which are part of the American Red Cross water safety program. The water safety class, Whales Tales, is part of the program.

Contact: Brownsburg Community Center, 852-0595

Kids Fit for Life

Ongoing

Time: 6:30 - 7:30 PM

Location: Plainfield Aquatic Center

Cost: \$2 per session

Session includes: Warm-up, stretching, cardio, small muscle, cardio, large muscle, cool-down. Hand weights, exercise balls, and bands will be used from time to time. Aerobics punch cards can be applied.

Contact: Plainfield Aquatic Center, 839-7665

10K A Day Walking Program

Location: Stop by your local parks department, the YMCA, Hendricks County Fairgrounds or Metropolis Mall to register.

Description: Join the community in this free walking program. Pick up a pedometer and register online, then start "walking" one of four famous American highways online while you walk close to home. For adults 18 and older.

Receive a free t-shirt upon completion.

Contact: Lori Leyba, Hendricks Regional Health community relations at 745-8606.

Pedometers: On the Path to an Active Lifestyle

Fitting in a workout is often a problem for many people with busy schedules. Using a pedometer is a good way in which to track how many steps one is taking in a day, and is a good motivational tool in weight loss. A pedometer is used to track how many strides one takes in a day. There are three common types of pedometers: digital, hairspring, and a coil spring model. The most accurate is typically a digital pedometer. For those who do not want to spend a lot on one, there are two other options: those pedometers made with a hairspring and those pedometers made with a coil spring. A coiled spring model typically lasts for roughly 4-5 years, whereas a hairspring model has a life span of a year to a year and a half, or under one million steps.

According to www.about.com, those who have the goal of remaining healthy and at their current weight, need to walk 6,000 steps a day. For those who are interested in losing weight, they need to try to walk 10,000 steps a day, of which 4000 to 6,000 is uninterrupted. Check yourself to see how much you walk in a normal day. Then gradually increase activity as needed to get to your desired goal. To maximize efficiency, a pedometer should be worn comfortably and securely with a clip to one's belt or front of waistline on pants or skirt. The monitor should be easy for the walker to read and should not be placed where it will be jolted around too much, causing the reset button to possibly be hit. On average, 2000 steps equals one mile.

Why not re-commit to your New Year's resolution to get healthy or lose weight by joining our FREE 10K-A-Day walking program? Visit www.hendricksregional.org/10kaday to learn more.

Oh-So-Delicious Oatmeal

Ingredients:

1 c. water	1/2 c. rolled oats
dash of salt	1/4 c. applesauce
pinch of cinnamon	2 tsp. brown sugar

Directions:

1. Pour the water, oats and salt into a medium-sized pot on the stove top.
2. Heat the mixture until it boils, then turn the heat to low.
3. Using a wooden spoon, stir in the applesauce and cinnamon.
4. Cook on low heat and continue to stir the mixture for five minutes.
5. Pour the oatmeal into a bowl and sprinkle the brown sugar on top.
6. Allow the oatmeal to cool for a minute before digging in.

Nutrition facts per serving: 390 calories 6 g fat 9 g fiber

Serves 1 Serving size: 1 bowl

Recipe from kidshealth.org