

# Supermarket Sense News

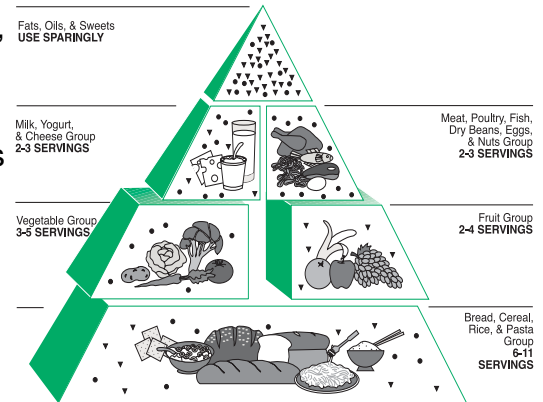
## Featuring The Fruit and the Vegetable Group

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### Food Guide Pyramid A Guide to Daily Food Choices

The Food Guide Pyramid shows a range of servings from the five major food groups. Each of these food groups provides some, but not all, of the nutrients you need. Foods in one group cannot replace those in another, and no one food group is more important

than another. For good health, you need them all. Almost everyone should eat **at least** the lowest number of servings from each group. If you are pregnant or breast feeding, try to eat the higher number of daily servings.



### What Counts as a Serving?

#### Fruit Group

- Whole fruit — medium apple, orange, banana
- Grapefruit — half
- Fruit, raw or canned — 1/2 cup
- Fruit juice, unsweetened — 3/4 cup
- Chopped, cooked or canned fruit — 1/2 cup
- Berries — 1/2 cup
- Avocado — 1/4 whole
- Dried fruit — 1/4 cup

#### Vegetable Group

- Vegetables, cooked — 1/2 cup
- Vegetables, leafy raw — 1 cup
- Vegetable juice — 3/4 cup
- Vegetables, non-leafy, raw, chopped — 1/2 cup
- Potatoes, scalloped — 1/2 cup
- Potato salad — 1/2 cup
- French Fries — 10 medium

Eat 2 to 4 servings daily  
Servings Grams of Fat

Eat 3 to 5 servings daily

Servings Grams of Fat

### Buying Tips

1. Plan for leftovers
2. Clip and use coupons
3. Read labels
4. Avoid impulse buys
5. Look for specials
6. Use convenience foods
7. Compare prices — use unit pricing
8. Stick to list

## Fruits and Vegetables

1. Eat whole fruits often. They have more fiber than fruit juices.
2. Choose juices that are 100-percent real juice. Punches, ades and most fruit “drinks” contain only a little juice and a lot of sugar, artificial flavors and colors.
3. Buy fresh fruits or fruits canned in their own juices instead of fruits canned in heavy syrup.
4. Snack on raisins and other dried fruits.
5. Have fruit for dessert.



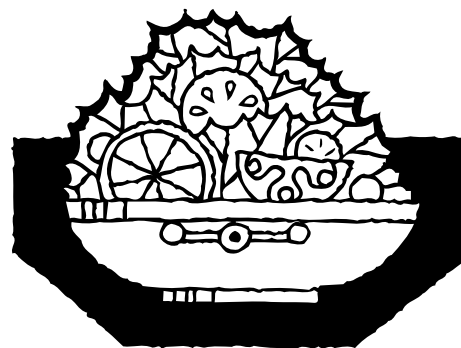
6. Different types of vegetables have different vitamins and minerals.

### For variety eat:

- Dark-green, leafy vegetables, such as spinach, mustard, turnip greens and kale.

- Deep-yellow vegetables, such as carrots, pumpkin, winter squash and sweet potatoes.
- Starchy vegetables, such as potatoes, lima beans, peas and corn.

7. Go easy on the fat you add to vegetables at the table and during cooking.
8. Use low-fat salad dressings on your salads.



## Use Unit Prices to Find the Best Buys

Many stores have unit prices. Using them will help you save money. Stickers showing the unit price are usually on the grocery shelf below the food.

Unit-pricing stickers may look different in every store, but they tell you the same thing:

- Name of the food
- How much the total package costs
- Weight of the package or size of the container
- The unit price—the cost for an ounce, pound, pint, quart or number in a package.

**If a store does not have unit prices, you can determine it yourself. Here is how:**

Chef's Frozen Corn	
<b>\$1.39</b>	5 lbs.
	28¢ per pound

**Total price divided by weight = Unit price**

## Cabbage and Franks (makes 4 servings)



### Ingredients:

- 1 small head cabbage (about 2 pounds), shredded coarsely
- 2 large carrots, shredded coarsely
- 2 large green onions with tops, sliced
- 1 tablespoon margarine
- 1 pound "lean" frankfurters
- 1/4 teaspoon pepper

### Method:

1. Put cabbage, carrots and onions in a large skillet. Add pepper. Dot with margarine.
  2. Pour water into skillet to 1/2-inch depth. Cover tightly and bring to boil. Turn down the heat. Simmer for 10 minutes, stirring once.
  3. Place frankfurters on vegetables. Cover and simmer 10 minutes longer or until vegetables are tender.
- \* For preschool children, cut frankfurters lengthwise, then cut crosswise into smaller pieces.

## How Does Your Diet Rate for Variety?

Check the answers that best describes your eating habits.

	Seldom or never	1-2 times a week	3-4 times a week	Almost daily
How often do you eat: 1. At least six servings of bread or other foods made from grains (a serving is one slice of bread or half cup cereal, rice, etc.) per day?				
2. Foods made from whole grains?				
3. Three different kinds of vegetables per day?				
4. Cooked dry beans or peas?				
5. A dark-green vegetable, such as spinach or broccoli?				
6. Two kinds of fruit or fruit juice per day?				
7. Three servings of milk, cheese or yogurt per day?				
8. Two servings of lean meat, poultry, fish or alternates, such as eggs, dry beans or nuts, per day?				

# SHOPPING WITH CHILDREN

- Make sure your children are rested and not hungry.
- Try to make shopping fun for you and your children. Show an interest in what your children think is interesting. Explain the different products in the store.



TENNESSEE NUTRITION & CONSUMER EDUCATION PROGRAM

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## Let the Label Help You Shop Smart

**The Front Label:** Here are some words you may see on the front of a food package:

<b>Low fat</b>	<b>Low sodium</b>
<b>Lean</b>	<b>High fiber</b>
<b>Light</b>	<b>Low calorie</b>

Before the new food labeling laws were enacted, these words did not have to mean the same thing for all foods. Now, you can trust these words. For example, the word "light" on a label tells you the food has fewer calories or less fat than the regular version of the food.

**The New Nutrition Label:** Look at the side or back to find "Nutrition Facts." The Nutrition Facts will tell you the serving size of the food and the amount of calories and nutrients in a serving of the food.

**The Ingredient List:** Look at the ingredients. They are listed in order of how much is present. That is, the first ingredient is the one present in the largest amount. For example, here is an ingredient list for "lite canned peaches":

Ingredients: peaches, water, pear juice concentrate

**Serving Size:** The amount of calories and nutrients listed are based on this amount of the food.

**Calories in a Serving:** A food with 40 calories or less in a serving is considered "low calorie."

**Sugar:** The amount of sugar listed includes both the sugars that occur naturally in the food and any sugars that have been added.

Check the ingredient list to find out if the food has added sugar. Look for these words in the ingredient list:

- Sugar
- Molasses
- Sucrose
- Corn syrup
- High fructose corn syrup
- Honey
- Brown sugar
- Dextrose
- Corn syrup solids

Nutrition Facts	
Serving Size 1/4 cup (61g)	
Servings Per Container 7	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Sodium 260mg	11%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 0g	
Vitamin A 10%	Vitamin C 4%
Calcium 0%	Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet	

- ### Planning Meals
1. Plan meals for a whole week. You'll save both money and time by shopping for groceries only once a week.
  2. Build menus around your coupons, store specials and WIC foods.
  3. Have foods from at least three different food groups in each meal. Use the Food Guide Pyramid to help you.
  4. Plan to serve one-dish meals several times a week. Casseroles, soups and stew make cooking and cleanup easier.
  5. Plan to have leftovers. They will save you time and money.



**Sodium:** The amount of sodium in a serving of food is listed in milligrams (mg). Nutrition experts suggest we try to have no more than 2,400 mg of sodium a day. A food with 140 mg or less sodium in a serving is considered "low sodium."

**Fiber:** Nutrition experts recommend that adults try to get 25 to 30 grams of fiber a day.

Foods with 2-3 grams of fiber in a serving are a good source of fiber.

**Vitamins and Minerals:** The goal is 100 percent of each for the day. Do not count on one food to do it all. Eat a combination of foods to add up to 100 percent of these vitamins and minerals.

For further information on Shopping Smart contact your local Extension office.

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