

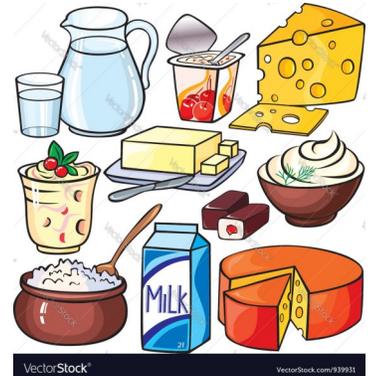


## Healthy Grocery Shopping Picks and Tips

Plan your grocery list ahead of time so you or your caregiver can get in and out of the store quickly. It also helps you stay on track with healthier food selections. Get your coupons

**Milk and Dairy Products:** Choose low fat, reduced fat and fat-free dairy products.

- Skim or low-fat milk or soymilk or nut beverages with added protein, calcium and vitamin D.
- Fat-free or low-fat yogurt (buy plain yogurt and add your own flavor with a tablespoon of fresh fruit or jam.)
- Fat-free or low-fat cottage cheese.
- Low-fat cheese or string cheese snacks.
- Eggs or egg substitutes.
- Firm tofu.
- Butter or spread (one that doesn't contain partially hydrogenated oils).



**Breads and Grains:** Use whole grain products as much as possible. Avoid products containing trans fats or partially hydrogenated vegetable oils.



- Breads, wraps, pita breads with 2gm or more fiber per slice.
- Cereals and cereal bars that are high in fiber and low in sugar. Use berries, dried fruit, or nuts to add sweetness to your cereal .
- Refrigerator biscuits and baking mixes are “low fat.”
- Pancake mixes, Frozen French toast, pancakes, or waffles that provide 2gm or more fiber per serving.
- Boxed grain mixes (eg, rice pilaf, quinoa, Ramon noodles, macaroni and cheese). Limit their use as these are usually high in sodium.

**Fruits and Vegetables:** Any fresh fruit and vegetables. The more colorful the better!

- Canned fruits choose “no sugar added”, “light” syrup, “Lite”, or “in 100% Juice”. Drain and rinse off those in heavy syrup.
- Juices use 100% juice or juice blends. Avoid “Light”, “Lite”, “Diet” or “Juice Cocktails” type juices.
- Frozen or dried are “no added sugar.”
- Fruit popsicles or fruit bars made from 100% Juice.
- Vegetable juices that are “low sodium.”
- Frozen vegetables without added sauces.
- Frozen French fries or Sweet Potato fries with 4gm or less fat per serving.
- Canned vegetables that are “no added salt.” You can rinse canned veggies to reduce the sodium content.
- Spaghetti sauces that have 300mg or less sodium per serving.



**Meats and Meat Alternates:** Choose lean cuts of meat and lower fat and sodium meat products.

- Top Round Broil, Eye of the Round, Chuck Roast, Bottom Round Roast, Chuck Shoulder London Broil, Top Round Steak, Center Cut Boneless Pork Chops, Pork Loin, Center Cut Roast.
- Ground meats/poultry that are “85/15%”, “90/10%” and “93/7%” fat. The leaner the better if grease from cooking cannot be drained off (eg. meatloaf or meatballs).
- Poultry in various forms served without the skin.
- Fish and seafood, fresh, frozen, canned.
- Breaded chicken or fish products, prepared meatballs, sausage, breakfast sausage, hot dogs and kielbasa products (poultry and/or meat based) are usually high in sodium and fat. Choose those that have more grams protein than grams fat per serving
- Deli meats that are lower fat, “reduced sodium” (eg. roast beef, ham, turkey bologna, reduced fat or turkey pepperoni).
- Bacon or turkey bacon (“reduced sodium”), Center cut bacon, Canadian bacon.
- Veggie or soy burgers.
- Eggs (fresh) or “Egg Beaters.”
- Peanut butter, other nut butters.



**Fats:** Choose primarily vegetable, seed, and nut oils (eg, olive and canola oils). Limit animal fats from meat and dairy products.



- Regular buttery spreads
- Salad dressings use regular, “light” or “reduced fat,” with little added sugar and 250mg or less sodium per serving. Can use olive oil and Balsamic vinegar as a good alternative. “Fat-free” salad dressings often have added sugar and similar calories to the “light.”
- Vegetable sprays.
- Mayonnaise use regular or “light.”
- Nuts with little added salt. Peanut and other nut butters, fresh or otherwise. Some have more sugar and salt added than others.

**Desserts and Snack-type Items:** In general, avoid foods high in added sugars, sodium, and total fat, saturated and trans fats. Note that “Sugar-free” does not mean low calorie.

- Pudding and gelatin snack-packs that are “sugar-free.”
- Cookies that are whole grain and lower sugar.
- Chips, Pretzels. Choose those with 7gm or less fat per one ounce serving, 210mg or less sodium per one ounce serving.
- Popcorn use plain popping corn or packets that are “light” or “reduced fat.”



**Miscellaneous:** Use seasonings that are without salt such as *Mrs. Dash*, fresh or ground/minced garlic, onion powder, pepper, etc.

- Soups and broths choose “reduced sodium” or those with 400mg sodium or less per serving.
- Soy sauce, teriyaki sauce, barbecue sauces, marinades choose “light” or lower sodium.
- Seasoning mixes generally have a lot of salt so mix your own blends.
- Bread crumbs that are plain for lower sodium.
- Jams and jellies to reduce added sugars use “sugar-free”, “no sugar-added” or “fruit spreads.”
- Flavored syrups that are “sugar-free” or “light.”



**Beverages:** Choose water and non-sweetened (by sugar or sugar substitute) beverages often. Watch for citric acid as an additive as this can promote tooth decay. Drink these beverages with a straw or more quickly to avoid extended contact with your teeth.



- Decaffeinated coffee and tea, naturally flavored seltzer waters
- Powdered drink mixes - lower sugar or “sugar-free”. Recommend diluting drink mixes to reduce sweetness.
- Hot chocolate mixes use “lower sugar” or “sugar-free.”

## Making New Years Resolutions that Stick

The new year offers a time of reflection and renewal. While many set New Years resolutions, most fail to follow through with them. Why? Look at last year’s resolutions: Lose Weight, Get Organized, Enjoy Life to the Fullest, Stay Fit and Healthy, Learn Something Exciting, Quit Smoking, Fall in Love, and Spend More Time with Family. While these are positive, they are very broad and lofty goals; they can be overwhelming and discouraging if not approached in the right manner.



The best way to make New Year’s resolutions that *stick* is to make SMART goals. SMART stands for...

**Specific** – Be specific vs. general. Try to answer the questions Who, What, When, Where and Why?

**Measurable** – Success should be tracked and measured with a number/metric. How much? How many?

**Attainable** – Make an achievable goal and create a vision with a positive attitude that leads to success.

**Realistic** – Ensure a goal is achievable based on physical, mental and/or emotional wellbeing and ability.

**Timely** – Put a timeline to a goal. How frequent? How often? By what date?

New Years resolutions do not have to be grand and life changing. A better approach is to take small positive steps forward that will lead to considerable and sustainable change in the future. For example, rather than creating a large, broad goal such as “get healthier,” create mini goals that lead to a healthier and happier life. Here is an example of a mini goal. Note the “SMART” structure.

*Goal: Floss teeth a minimum of two times a day to improve health and hygiene because flossing helps prevent disease and tooth decay. Floss in the bathroom every morning (7AM) and in the evening before bed (9PM). Measure success based on 6-month dental cleaning reports/feedback.*

**Make 2018 your best year yet by setting “SMART” resolutions that lead to success!**

**Have a Happy and Healthy New Year!**

## Enjoy these Black Bean Brownies

Recipe by: Chef Susan Sheldon (From Cooking Matters) This is a very popular alternative and you may not be able to tell the difference! Enjoy!

Serving Size Serves 16, 1 brownie per serving

### Ingredients

- Nonstick cooking spray
- 1 (15-ounce) can black beans or 1 3/4 cups cooked, cooled black beans
- 3 large eggs
- 3 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup cocoa powder
- Optional Ingredients: 1/2 cup chocolate, peanut butter or butterscotch chips, or chopped nuts



### Instructions

1. Preheat oven to 350°F. Coat a 9-inch baking pan with nonstick cooking spray.
2. In a colander, drain and rinse beans.
3. In a large bowl, whisk eggs, oil and vanilla with a fork. Add beans and mash with fork until beans are barely visible (this can take 5 or more minutes of mashing). Stir sugar and cocoa, and blend with a rubber spatula until mixed. Stir in chips or nuts if using
4. Pour the batter into the baking pan. Bake until a knife inserted in the center of the brownies comes out clean, 25 to 30 minutes. Let cool completely before cutting into 16 squares.

**Nutrition facts:** Per square—90 calories, 4gm Fat, 11gm Carbohydrates, 3gm Protein, 2gm Fiber, 7gm Sugar, 100mg Sodium



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Services and Supports

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**Have a nutritional question or concern?** If you are participating in services offered by Schenectady County's Senior and Long Term Care services, you are eligible to have a free consultation with a Registered Dietitian. Call Cornell Cooperative Extension, Schenectady County at 372-1622, ext. 269.

Leave a message, if necessary, for dietitian to call you back.

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