



WHAT DO WE SHOP FOR WITH THE MOST NUTRIENTS?



Shopping is a skill, balancing nutrition and budget. To get the most for your money, it helps to know what to buy that will satisfy the palate, yet provide the most nutrients. Sometimes grocery store tours are available that help people identify the type of food they want to eat, and what marketing pitfalls to avoid. High sugar, high fat, processed foods, junk food like pop, chips, candy and desserts provide little nutritional value and are sold mostly for your enjoyment. Can we relearn how to eat so foods that are nutritious provide us with comfort and taste as well? How about a baked apple or sweet potato hot from the oven on a cold day. A fresh salad on a hot summer day can be as refreshing as a coke. What about an ear of hot buttered corn in fall? Eating seasonally can bring variety to the palate, and give us something to look forward to.

When shopping, people typically buy meat, milk and bread. These foods, however, with the exception of milk are not nutrient dense, although filling. Fruits and vegetables should be eaten with every meal, so think to buy three or four types of vegetables for variety and at least 3 fruits in a week. Milk products and alternatives such as soy, rice, almond, coconut, and oat milk and yogurt should be consumed 3-4 times a day by everyone in your house, although goat and cow's milk have a superior nutrient content. Note that cow and goat's milk and yogurt can be used with babies while the alternatives should not be. Nuts, seeds and their butters are a good alternative source of protein, and should be consumed in moderation each day, also oils such as flax, hemp, borage, salmon, or primrose. Try whole grain, multi-grain, or kamut, spelt, rice or rye breads, also sourdough bread is unlike yogurt.

Cooking with beans and legumes is a new idea for some people, yet they provide a hearty meal, are favored among vegetarians, and can be slow cooked, or pressure cooked for a quick meal. Split pea soup may quickly become a favorite, replacing the canned variety, high in sodium. Go online to www.therainbowprogram.com to obtain my webpage of whole foods by the rainbow and make a shopping list, selecting from every color to obtain the widest range of nutrients. This is a great way to start learning what whole foods you like, and the new comfort foods you will grow to love.