

Shopping Smart



for Better Food Choices

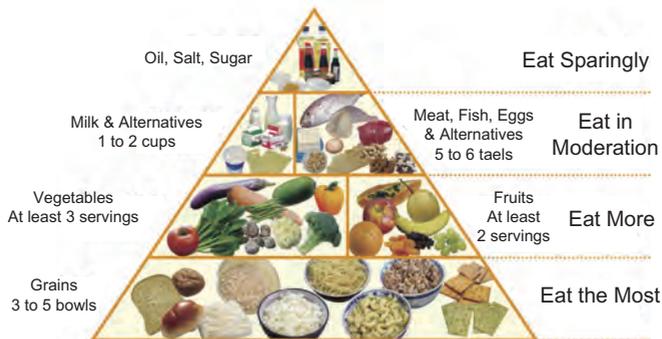




Grocery shopping is part of everyday life. By learning how to shop smart and eat smart, it is easy to adopt a healthy diet

Preparation Tips Before You Shop

- Write down a grocery shopping list or plan carefully about the type and amount of food you need. It can facilitate the purchase of an appropriate amount of food and avoid wastage
- The amount of food purchased should follow the recommendations of the Healthy Eating Food Pyramid:



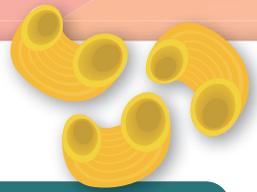
Drink 6 to 8 cups of fluid (e.g. water, tea, clear soup) daily



- Check the food storage before you go grocery shopping so as to avoid stocking up the same food. It can help avoid food wastage and expiration.
- If you find any promotional packages or discounted bulk purchase offers for a healthy food, you can share them with friends and relatives. This does not only reduce the accumulation of too much food that may lead to wastage or expiration, but also save money too.

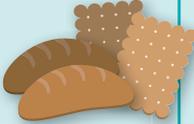


Healthy food Choices - During Shopping



Should Purchase

Grains



Noodles, bread and biscuits that are not processed by large amount of fats or oil such as rice noodle, macaroni, Shanghai noodle, plain roll and tea biscuits
Oatmeal without seasoning added

Vegetables

All varieties of fresh vegetables such as lettuce, bak choi and celery. High fibre ingredients such as straw mushroom, carrot and green peas



Fruits

Appropriate amount of fresh fruits such as orange, apple, dragon fruit, pomelo and prune

Milk and alternatives

Skimmed or low-fat products such as skimmed milk, low-fat milk, low-fat yogurt and low-fat cheese



Meat, fish, eggs and alternatives

Low-fat meat such as lean meat, chicken (remove skin before eating) and fish.
Dried beans such as black-eyed peas, red kidney beans, soy beans and other bean products like bean curd

Oil

Vegetable oil such as peanut oil, corn oil, canola oil and soft margarine.
(Vegetable oil contains beneficial fatty acid, but still, it should be used in moderation)

Salt, Sugar

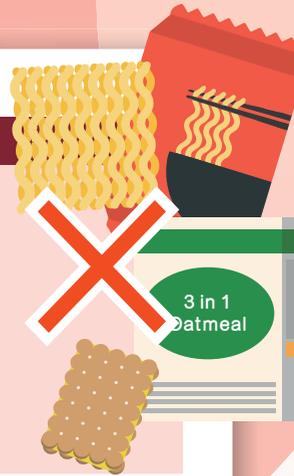
Fresh foods that are not processed with salt or sugar



Aviod Purchase

Grains

Rice-based noodles, noodles, bread, and biscuits that are processed by large amount of fats and oil such as instant noodle, flat rice noodle, yi mein, oil noodle, pineapple bun, sandwich cookie, cookie and wafer
Oatmeal with seasoning added



Vegetables



Deep-fried melons and tubers such as fried eggplants, fried sweet potatoes, fried stuffed green peppers

Fruits



Fruit that appears to turn stale soon. Fruits with sugar added (such as canned fruits)

Milk and alternatives

High-fat or high-sugar products such as full cream milk, condensed milk, evaporated milk, cheese and ice-cream

Meat, fish, eggs and alternatives

High-fat meat such as fatty meats, pork bone, roast meats, chicken wing, chicken feet, fish head, fried bean curd and fried gluten

Oil



Vegetable oils that are high in saturated fats such as palm oil and coconut oil
Vegetable oils that contain trans fats such as hard margarine

Salt, Sugar



Foods that are processed by large amount of salt:

- 1 Canned meats such as luncheon meat and fried dace with salted black beans
- 1 Processed or preserved food such as Chinese salted duck egg, dried mustard-greens, salted fish, preserved meat and sausage

Beverages that are added with large amount of sugar such as fruit juices, pre-packaged drinks and carbonated drinks



Shopping Tips



- 🍴 Pay attention to the food quality. Patronise retailers with good hygiene conditions and reputations
- 🍴 Read the nutrition labels of pre-packaged foods and pay attention to the overall nutritional value of the food. Foods with "low-salt", "low-fat" claims are **not necessarily** better choices. For example, some food with "low-salt" claims might have more fat added during the manufacturing process; while some food with "low-fat" claims might have more sugar added during the manufacturing process

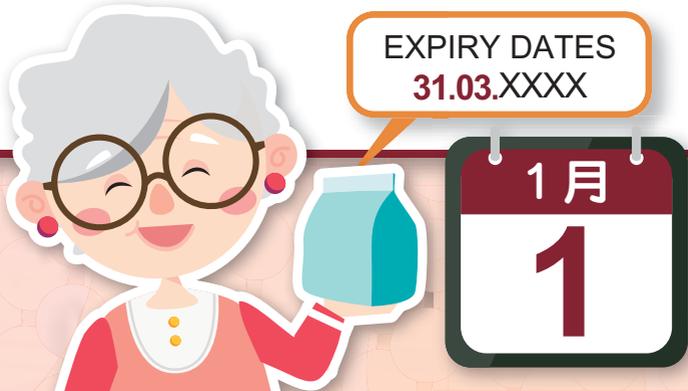
Nutrition Information	
Servings Per Package	16
Serving Size	22g
	Per Serving
Energy	96kcal
Protein	2.1g
Total fat	3.0g
- Saturated fat	1.6g
- Trans fat	0g
Carbohydrates	15.8g
- Sugar	0.6g
Sodium	91mg



- 🍴 Pay attention to the storage temperature when buying frozen meats, poulties and seafood products. Avoid buying frozen food products that have been thawed and refrozen as indicated by the presence of ice crystals inside the packages
- 🍴 Choose pre-packaged foods with intact packaging. Avoid buying canned foods that are dented, bulging or rusting



- 🍴 Pay attention to the expiry date printed on the food packages, choose the one that can be finished before the expiry date



Storage Tips

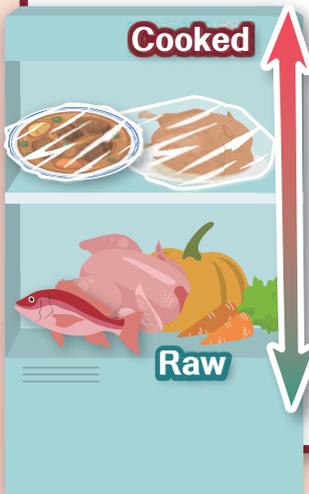
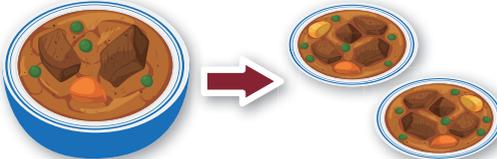
- 🍴 Pay attention to the storage instructions on the food packages



- 🍴 Practise the “first in, first out” rule. Consume the food products with closer expiry dates or those that have been purchased earlier so as to avoid prolonged storage

Storage Tips for Cooked Food

- 🍴 Wait until the food is chilled before putting into the refrigerator
- 🍴 Divide large amounts of food into small flat portions. Small flat portions can allow the foods chill faster by increasing the surface areas



- 🍴 Wrap the leftovers into airtight packages
- 🍴 Do not put the cooked food on the same shelf as raw food. Cooked foods should be kept in the top shelf while raw foods should be kept in the bottom shelf in the refrigerator so as to prevent cross-contamination
- 🍴 Finish the leftovers within 3 days even the foods have been stored in the refrigerator

