

# Smart Choices

A Community Nutrition  
Education Program



## Thrifty Choices

### Food Lists

Use the **Food Intake Pattern handout** to calculate the daily or weekly amount of foods that your family needs.

Figure out what you have on hand and which foods are the best purchases for this grocery cycle. Use that information to plan your menu.

Fill in the cups and ounces of foods that your family needs between now and the next time you shop.

Record on a grocery list the amount needed and the best price for that item.

**Fruit:** To eat a variety of fruits and meet your nutrient needs, choose at least one fruit a day from each of the fruit lists:

\_\_\_\_\_ cups/grocery trip

**Vitamin C fruits** – fresh or frozen strawberries, oranges, grapefruits, kiwi, Satsuma, tangerines, pumelo (similar to grapefruit), tangelo, fresh or canned tomatoes, lemons, limes, orange juice, cantaloupe.

\_\_\_\_\_ cups/grocery trip

**Other fruits** – watermelon, honeydew melon, fresh, frozen or dried cherries, fresh or canned pears, fresh or frozen blackberries, fresh or frozen blueberries, fresh or frozen raspberries, fresh or dried grapes (raisins), bananas, canned, frozen or fresh pineapple, fresh or dried plums, fresh, canned or dried apricots, “pluot” (plum-apricot), fresh or dried apples, fresh, frozen or canned peaches, nectarines, dried fruit like raisins, cherries, cranberries and prunes.



**Vegetables:** Use the vegetable lists to choose a variety of vegetables and meet your nutrient needs. The Food Intake Pattern handout recommends a variety of vegetables during the week. Use that pattern to determine how much each person needs.

\_\_\_\_\_ cups/grocery trip

**Dark green vegetables** – mustard, romaine lettuce, red leaf lettuce, fresh frozen or canned spinach, fresh, frozen or canned collards, fresh, frozen or canned turnip greens, fresh or frozen broccoli, asparagus, fresh frozen or canned green beans, fresh or frozen Brussels sprouts, sprouts, dandelion greens

\_\_\_\_\_ cups/grocery trip

**Orange and red** – carrots, sweet potatoes, pumpkin, winter squash like acorn, butternut, calabaza (from Latin America), delicata (sweet potato squash), turban (has colorful crown), hubbard and cushaw, tomatoes, beets

\_\_\_\_\_ cups/grocery trip

**Legumes/beans** – dried or canned red, black, pinto, white, fresh, dried or canned black-eyed peas, fresh, frozen field peas, fresh or frozen edamame (young soybean), canned or dried soybeans, boiled, raw, roasted, peanuts, peanut butter

\_\_\_\_\_ cups/grocery trip

**Starches** – sweet peas, potatoes, corn

\_\_\_\_\_ cups/grocery trip

**Other** – fresh frozen or canned artichokes, avocado, mirliton (vegetable pear, chayote), cucumber, eggplant, jicama, fresh or canned mushrooms, nopales (cactus), okra, olives, parsnips, purple cabbage, red bell pepper, radishes, eggplant, fresh or frozen cauliflower, celery, cabbage, fresh or frozen onion, fresh or jarred garlic, turnips, kohlrabi (in the cabbage family), fresh or frozen summer squash, spaghetti squash.

**Dairy:** To get all of the benefits offered by dairy products, choose from the beverage milk, lactose-free milk or soy milk and the fermented dairy products and cheeses lists.



\_\_\_\_\_ cups/grocery trip

16 cups per gallon of milk

**Milk** – beverage low-fat or skim milk, chocolate milk, soy milk, lactose-free milk, evaporated milk, nonfat dry milk

\_\_\_\_\_ ounces/grocery trip

(This will be measured in ounces. Use the **Buying Guide** and **Smart Choice Cards** for help in figuring out amounts of cheese.)

**Fermented dairy products and cheese**

– low-fat yogurt, American cheese, Monterey Jack cheese, mozzarella, cheddar cheese, blue cheese, feta cheese, buttermilk, cottage cheese

**Grains:** Remember to choose whole grains for at least half of your grains, and make wholesome choices for the other grain foods. Choose a variety from these lists:

\_\_\_\_\_ ounces/grocery trip

**Whole grains** – corn: as corn, whole-grain corn meal, cereals made of whole-grain corn, stone ground grits, popcorn

**Whole wheat** – as bulgur, whole-wheat bread, tortillas, cereals with whole-wheat, rolls, pastas, bagels, barley or pearl barley, brown rice as rice, cereal and rice cakes, oats as oatmeal and in flour in the form of breads, rolls, toasted as cereals like granola, breakfast bars, oat O's, muffins

\_\_\_\_\_ ounces/grocery trip

**Other grains** – enriched products like rice, bread, cereals, pastas, tortillas and muffins, bagels, flour, corn meal, grits

**Fats and Oils** are often added to our foods for taste and used in cooking.



\_\_\_\_\_ teaspoons

**Oils** – olive oil, soybean oil, corn oil, canola oil, mayonnaise, salad dressing, soft margarine

**Fats** – use of these items is based on discretionary calories. Keep their use to a minimum in a balanced, thrifty food plan: butter, lard, cream cheese, sour cream, cream

**Meat, fish, poultry, eggs, legumes, nuts and seeds:** To get all the benefits offered by these high protein foods, and make thrifty choices, choose a variety from these lists and eat meat less often, and choose legumes, nuts and seeds, eggs and canned fish more often.

\_\_\_\_\_ ounces/grocery trip

**Meat** – beef: thrifty cuts are from the chuck, shoulder, round and rump; pork: thrifty cuts are pork chops, butt roast, ham and sausage. Remember that most sausage is high in fat and, therefore, while it may seem less expensive, there is a lot of loss. It's also not very good for you because the fat is saturated.

\_\_\_\_\_ ounces/grocery trip

**Seafood** – shrimp, crawfish, crabs, catfish, canned tuna, canned salmon, mackerel, other fresh and frozen fish



\_\_\_\_\_ ounces/grocery trip

**Poultry** – chicken: whole, bags of leg quarters, boneless skinless breast, thighs, wings, turkey, duck, Cornish hen

\_\_\_\_\_ eggs/grocery trip

**Eggs** – medium, large or extra large. (1 egg =1 ounce)

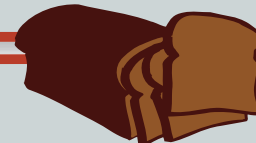
\_\_\_\_\_ ounce equivalents/grocery trip

**Nuts and seeds** – walnuts, almonds, pecans

use cards for ounce equivalent

\_\_\_\_\_ ounce equivalents/grocery trip

**Legumes** – Canned, dry or frozen versions of red, black, pinto, white, black-eyed peas, field peas, edamame (young soybean), soybean (dried), peanuts, peanut butter



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