

Let the Heart and Stroke Foundation help you grocery shop!

PRODUCE

Fruits

- Apples
- Bananas
- Grapes
- _____
- _____
- _____
- _____
- _____

Vegetables

- Broccoli
- Carrots
- Yams
- _____
- _____
- _____
- _____
- _____

DELI

- Lean Meats
- Olives
- Lower-Fat Cheese
- _____
- _____

BREADS

- Whole Grain Loaf
- Tortilla
- Whole Grain Pita
- _____
- _____

MEATS/ SEAFOOD/FISH

Beef

- Ground Beef
- Roast
- _____
- _____

Pork

- Tenderloin

- Ham
- _____

Chicken

- Breast
- _____
- _____

Fish & Seafood

- Salmon
- Halibut
- _____
- _____

DAIRY

- Non-Hydrogenated Margarine
- Lower-Fat Cheese
- Milk (1%)
- _____
- _____
- _____

FROZEN FOODS

Fruits

- Blueberries
- Melon
- _____
- _____

Vegetables

- Carrots
- Corn
- _____
- _____

Dinners

- Lasagna
- Pizza
- _____
- _____

Desserts

- Frozen Yogurt
- _____

SNACKS

- Nuts

- Low Trans Fat Popcorn
- _____
- _____

BEVERAGES

- Fruit Juice
- Tomato Juice
- _____
- _____

CONDIMENTS

- Mustard
- Lower-Fat Salad Dressing
- Low Sodium Soy Sauce
- _____
- _____
- _____

OILS

- Olive Oil
- Canola Oil
- _____
- _____

DRESSINGS

- _____
- _____
- _____

CANNED ITEMS

Fruits

- Mixed Fruit
- Peaches
- _____
- _____

Vegetables

- Corn
- Green Bean
- _____
- _____

Legumes

- Lentils

- Kidney Beans
- Navy Beans
- Chick Peas
- _____
- _____

Seafood/Meats

- Salmon
- Tuna
- _____

BULK FOOD

- Grains
- Nuts
- _____
- _____
- _____

CRACKERS

- Melba Toast
- Low Trans Fat Triscuits
- _____

GRAINS/RICE

- Brown Rice
- Cous Cous
- Oats
- _____
- _____

PASTA

- Whole Wheat Spaghetti
- _____
- _____

CEREALS

- Bran
- _____

INTERNATIONAL

- Tofu
- Curry Paste
- Pasta Sauce
- _____
- _____

BABY ITEMS

- Diapers
- Wipes
- Baby Cereal
- _____
- _____
- _____

PET ITEMS

- Pet Food
- Cat Litter
- _____

TOILETRIES

- Soap
- Deodorant
- Shampoo
- _____
- _____
- _____

PAPER/FOOD STORAGE

- Foil
- Plastic Wrap
- Tissue
- _____
- _____
- _____

CLEANING

- Dish Soap
- _____
- _____
- _____
- _____

MISC.

- Batteries
- Light Bulbs
- _____
- _____
- _____
- _____



Look for Health Check™...it's like shopping with our dietitians!

Health Check is the Heart and Stroke Foundation's food information program. Foundation dietitians evaluate every food in the Program using Canada's Food Guide to Healthy Eating. The Health Check symbol on a food's packaging let's you know that the product contributes to a healthy diet!


For more information, visit us at



Nutrition label and healthy eating tips from the Heart and Stroke Foundation registered dietitians

Check the facts: A food label can tell you a lot!

- The ingredient list starts with the ingredient used most in the product.
- The Nutrition Facts table tells you how many calories and nutrients there are based on the serving size.



Nutrition Facts		Valeur nutritive	
Per 125 mL (30 g) / par 125 mL (30 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories 121			
Fat / Lipides 1 g			
Saturated / saturés 0 g			
Trans / trans 0 g			
Cholesterol / Cholestérol 0 mg			
Sodium / Sodium 180 mg			
Carbohydrate / Glucides 26 g			
Fibre / Fibre 3 g			
Sugars / Sucres 3 g			
Protein / Protéines 2 g			
Vitamin A / Vitamine A 0 %			
Vitamin C / Vitamine C 0 %			
Calcium / Calcium 2 %			
Iron / Fer 30 %			
Thiamine / Thiamine 45 %			
Niacin / Niacine 6 %			
Vitamin B6 / Vitamine B6 10 %			
Folate / Folate 8 %			
Pantothenate / Pantothénate 6 %			

Health Check logo

- Good sources of fibre are whole grain foods, vegetables, legumes and fruit.
- Don't forget to drink plenty of water to help the fibre pass through your system more easily.

Serving size – how many calories and nutrients are you getting?

- Look for the serving size under “Nutrition Facts.”
- When you compare products, make sure the serving sizes are similar.
- If you plan to eat 2 times the serving size, you will get double the listed calories and nutrients.

Know how much is a lot – what is % Daily Value?

- % Daily Value tells you if there is a little or a lot of a specific nutrient such as fat or vitamin C in a product.
- If a food has 25% or more Daily Value, it has a lot of that nutrient. If a food has 10% or less, it means there is little of that nutrient.
- Look for a higher % Daily Value for nutrients such as fibre, vitamin A and C, calcium and iron.
- Look for a lower % Daily Value for fat, saturated and trans fat, cholesterol and sodium.

Diets high in fibre – can lower your risk of heart disease!

- Look under Carbohydrate in the Nutrition Facts table for the amount of fibre in one serving.
- Choose foods with 2 grams or more of fibre per serving.

Healthy and unhealthy fats – what you need to know!

- Fats provide energy and nutrients, but watch out for unhealthy fats.
- Choose healthy fats such as monounsaturated (e.g. olive and canola oil, nuts, seeds) and polyunsaturated fats (e.g. non-hydrogenated margarines, safflower, sunflower and corn oils).
- Limit the amount of saturated and trans fat you consume. A diet high in saturated and trans fat can increase your risk of developing heart disease and stroke.
- When you compare products, look for foods with the lower % Daily Value of fat.

Here's the lowdown on sodium!

- Sodium is listed on the Nutrition Facts table.
- Choose foods with lower % Daily Value of sodium (salt).
- When buying canned vegetables for example, choose a product with 480 mg or less per serving of sodium. When buying a dinner entrée choose one with 960 mg or less per serving.
- Most foods taste great without adding salt. Reduce the amount of salt when cooking and at the table. Try herbs and spices instead.



HEART &
STROKE
FOUNDATION

Finding answers. For life.