

Pre-assignment: GROCERY STORE TOUR

Recommended reading (on Moodle under this module with Grocery Store Tour):

- Kapsak, W and Rahavi, E. *Understanding Functional Foods through the Eyes of the Consumer. On the Cutting Edge. Diabetes Care and Education DPG. Winter 2010. pp 4-7.*
- Rideout, R and Lun, B. *Plant Sterols in the Management of Dyslipidemia in Patients with Diabetes. On the Cutting Edge. Diabetes Care and Education DPG. Winter 2010. pp 13-17.*

Objectives:

1. To know product choices and selection challenges the consumer/patient may encounter.
2. To create a list of choices that support patient/consumer need to make lifestyle changes for their disease/condition.

The purpose of this tour is to be a learning experience. Make notes that may be beneficial to you. You may want to create a grid or matrix of product comparisons (2 or 3 in each category) so you have products you can recommend to your patients. Do not make this exercise more work than necessary. Have fun with it!

1. Compare fresh meat, poultry and fish selections with the following in mind:
 - Identify choices compliant with heart healthy diet guidelines
 - Identify choices non-compliant with heart healthy diet guidelines
 - Specifically look at ground turkey, ground beef, Omega-3 fish sources

Product	Brand	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)	Cholesterol (mg)	Protein (g)	Compliant w/ heart healthy?
Haddock Fillets	Giant Eagle	210	6	1	120	25	13	✓
Cedar Planked Atlantic Salmon	Cedar Bar	240	16	4	75	60	23	✓
Ground Turkey 94% lean	Giant Eagle Nature's Basket	160	7	1	85	1	24	✓
Ground Chuck	Perdue	180	9	2	95	85	22	✓
Ground Beef 93 lean	Giant Eagle	160	8	3	85	70	22	✓
Ground Chuck 80% lean	Giant Eagle	280	22	9	75	80	19	✓
Sweet Italian Sausage	Giant Eagle	150	12	4	410	35	10	✗

2. Compare processed meat products (deli, hot dogs, bacon, sausage, etc.) with the following in mind:

- ❑ Content of sodium
- ❑ Content of total fat
- ❑ Content of saturated fat
- ❑ Content of calories when comparing regular to fat free
- ❑ Specifically look at Lite Spam, turkey bacon, sodium content of lean sandwich meat

Product	Brand	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
Turkey Breast	Dietz & Watson	60	0.5	0	370
Smoked Maple Ham	Dietz & Watson	60	1.5	0.5	430
Hard Salami	Giant Eagle	110	10	4	480
London Broil	Dietz & Watson	70	2	1	270
Roast Beef (extra lean)					
Classic Weiner (turkey, pork, & chicken)	Oscar Meyer	130	12	4	380
Beef Franks	Giant Eagle	170	16	6	510
97% Fat Free Beef Franks	Hebrew National	40	1	0	520
Stadium Brat	Johnsonville	220	20	70	510
Hickory Smoked Bacon	Sugardale	80	6	2.5	290
Original Turkey Bacon	Butterball	25	1.5	0.5	135
Cooked Pork Sausage Links	Bob Evans	130	10	4	290
Lite Spam	Hormel	107	8	3	578

3. Compare pre-prepared entrées (precooked or marinated meats, tofu). Would these be appropriate options for a Heart Healthy Diet?
- Precook and marinated meats are not often appropriate for a heart healthy diet. They are high in sodium, cholesterol, and fat
 - Marinated tofu can be a better option when choosing prepared entrees, but the brand and marinade makes a big impact
 - Twin Oaks More Than Tofu – Peanut & Ginger with Quinoa & Amaranth has 160mg Na, 4.5g fat, and no cholesterol in ¼ of the package.
 - Nasoya - sweet and sour marinated tofu has 690mg Na, 4.1g fat, and no cholesterol in ½ of the package.

4. Compare cheese selections for calories, total fat, saturated fat, and sodium:
- ❑ Fat-free
 - ❑ Low-fat
 - ❑ Reduced fat
 - ❑ Regular
 - ❑ Specifically consider ways patients can reduce fat in cheese recipes
 - ❑ You may also note that as fat free does not necessarily mean low in sodium; Low sodium does not mean the cheese is also low fat. Look at the “Alpine Lace” brand cheese alternatives.

Product	Brand	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Sodium (mg)
25% reduced fat Swiss	Alpine Lace	70	4.5	3	90
25% reduced	Alpine Lace	60	4.5	3	130

fat Provolone						
Swiss	Giant Eagle	80	6	4	50	
Provolone	Giant Eagle	80	6	3	180	
Light Swiss (50% less fat)	Finlandia	57	3	2	110	
Fat free Mozzarella	Kraft	45	0	0	280	
Reduced fat Mozzarella	Giant Eagle	70	4	2.5	150	

5. Compare the various types (squeeze, tub, stick, spray, fat-free, lower fat, lite, regular) and brands of margarine. Also, compare margarine to butter. Compare the following nutrient contents:

- Total fat
- Saturated fat
- Mono versus polyunsaturated
- Cholesterol
- Trans Fat content and claims
- Calories
- Specifically look at Brummel & Brown, Take Control, Benecol, Smart Balance

Product	Total Fat	Saturated Fat	Mono-unsaturated	Poly-unsaturated	Cholesterol	Trans Fat	Calories	Claims
Benecol Light	5	0.5	2.5	2	0	0	80	"Proven to reduce cholesterol"
Smart Balance w/ flax	9	2.5	3	3.5	0	0	80	"0g trans fat" "no partially hydrogenated oil or palm kernel oil" "Source of omega-3 Vitamin D, B ₁₂ , E"
Brummel & Brown	5	1.5	1	2.5	0	0	45	"Made w/ nonfat yogurt" "50% less fat and cholesterol than butter"
Land o' Lakes butter	11	7	0	0	30	0	100	
Country Crock Margarine	7	2	1.5	3.5	0	0	60	"0 grams trans fat"
Olivio Spray Butter	0	0	0	0	0	0	0	"0 grams trans fat"
Smart Balance Smart	5	0	0	0	0	0	5	"0 grams trans fat" "Lactose"

6. Become familiar with the different salt substitutes. Which have potassium chloride (KCl) and which do not? Also notice sodium content in “lite” alternatives.

- Specifically look at Sea Salt, Kosher salt and seasoning blend alternatives

Brand	Morton salt substitute for salt free diet	Ms. Dash salt free seasoning blend	Morton season-all seasoning salt	Morton sea salt	Morton lite salt	Diamond Choice Kosher salt
Potassium Chloride	✓	✗	✓	✗	✓	✗

7. Notice new products available in the frozen food section. For example: baked versus fried breaded products, convenience items, French fries, Uncle Ben’s Rice Bowls

- Which are appropriate for a low sodium diet?
- Would baking frozen French fries or fish sticks be a low fat option?

Products in the frozen food section are rarely appropriate for a low sodium diet. Many new products were examined and most had at a minimum 500mg of sodium. New products formulated were no lower in sodium than frozen choices that have been around.

Frozen French fries and fish sticks offer baking instructions and are lower in fat than frying them. These products have less than 15% saturated fat and would be a low fat alternative. In addition, when baking at home, the amount of sodium added to French fries can be controlled.

New products:

- Stouffers Farmers’ Harvest Stem Perfect Bag w/ 900mg+ sodium
 - Chicken Florentine
 - Garlic Chicken
 - 5 Cheese Tortellini
- Wanchai brand frozen Chinese options have over 1180mg sodium
 - Kung Pao
 - Shrimp lo Mein
 - Sweet and sour chicken
- Smart One’s new options have over 600mg sodium and around 350kcal
 - Chicken Teriyaki Stir Fry
 - Ziti with Meatballs & Cheese
- Healthy choice’s new Rosemary chicken and sweet potato entrée has 180kcal, 25g fat, and 500mg of sodium
- Lean Cuisine has the lowest sodium out of all the new products observed with their garden vegetable dip and pita bread having 190 calories and 440mg sodium.
- Lean Cuisine has another option with 510mg sodium and 230 – chicken with basil cream sauce

8. Vegetables

- Take notice of canned versus frozen regarding sodium content
- Take notice of cost – frozen versus canned versus fresh

Frozen Product	Sodium (mg)	Size (oz)	Cost (\$)	Cost Fresh (\$)
Corn	0	16	1.29	3.00/8 ears
Green Beans	0	16	1.79	1.49/lb

Peas	200	16	1.59	1.69/lb
Spinach	120	16	1.39	

<i>Canned Product</i>	<i>Sodium (mg)</i>	<i>Size (fl oz)</i>	<i>Cost (\$)</i>	<i>Cost Fresh (\$)</i>
Corn	10	15	1.00	3.00/8 ears
Green Beans	380	15	1.00	1.49/lb
Peas (no salt added)	15	15	0.94	1.69/lb
Spinach	250	13.5	1.00	

9. Compare soups for sodium and fat content.

- Try to find realistic low and lower sodium choices. Write some of the name brands down.

<i>Soup type/brand</i>	<i>Calories (kcal)</i>	<i>Sodium (mg)</i>	<i>Total Fat (g)</i>
Giant Eagle condensed tomato soup (1/2 cup)	80	420	0
Campbell's chicken noodle (1/2 cup)	60	410	1.5
Progresso reduced sodium chicken noodle (1 cup)	60	470	0.5
Campbell's select harvest healthy request Italian style wedding (1 cup)	100	410	25
Healthy Choice Butternut Squash (1 cup)	100	390	2
Healthy Choice Cheese Tortellini (1 cup)	90	390	1
Giant Eagle Nature's Basket organic tomato soup (1 cup)		590	3.5
Wolfgang Puck organic Tomato soup (1 cup)		580	11
Muir Glen reduced sodium garden vegetable (1 cup)		480	0.5

10. Breads

- Compare brands, types for fiber content. Write down the brands that have the highest fiber content.
- Are low sodium or sugar free breads a good choice? Nothing was specifically marked as "low sodium" or "sugar free"

<i>Product</i>	<i>Calories (kcal)</i>	<i>Fiber (g)</i>	<i>Carbohydrates</i>
Tumaro's multi-grain tortilla	60	7	11
Fiber-one whole wheat wrap	80	7	15
Schwebel's	80	1	17

Sweet Harvest Wheat			
Romain Meal	120	3	22
Nature's Pride	110	2	20
Brownberry Oatnut	120	2	22
Brownberry nuttygrain "healthful"			
	80	5	17

11. Cereals (Hot and Cold)

- Compare for fat content
- Compare for fiber content – How much fiber/serving makes a cereal a good source of fiber?
- Compare for sodium content

Product	Calories (kcal)	Fat (g)	Fiber (g)	Sodium (mg)
Kellogg Frosted Mini Wheat's (Blueberry)	190	1	6	0
Smart Start Strong Heart	180	1	3	280
Special K (red berries)	110	0	3	190
Quaker High Fiber Instant Oatmeal (maple & brown sugar)	160	2	10	260
Quaker Instant Grits (butter)	100	1.5	1	340

12. Locate soy or tofu containing foods.

- List some products and locations of the store you find them
- Does your grocery store carry soymilk, soy cheese, soy nut butter, soy cereal?
 - Soy Milk – near milk products (8th Continent, Silk, Horizon)
 - Soy Yogurt- near soy (O'soy & Stonyfield)
 - Edamame – fresh and frozen isles
 - Soy Burgers – fresh meat section
 - Did not see soy cheese, soy nut butter, or soy cereal at my grocery store.

13. Compare some snack foods for (chips, cookies, frozen desserts, snack bars/cereals):

- Sodium content
- Total fat content
- Saturated fat content
- Trans fat content
- Fiber content

Product	Calories (kcal)	Sodium (mg)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Fiber (g)
Tostitos Corn Chips (12 chips)	140	120	7	1	0	2

Baked Lays (15 chips)	120	135	2	0	0	2
Fiber One Banana Nut Muffin (1 muffin)	130	230	3	1	0	5
Nature Valley Oats 'N Honey Granola Bar (2 bars)	180	160	6	0.5	0	2
Hostess Oatmeal Cookies (2 cookies)	130	80	6	1.5	0	1
Nabisco Fat Free Fig Newtons (29g)	90	125	0	0	0	1
Keebler Animal Crackers (8 Crackers)	130	135	4	1.5	0	<1
Haagen-Dazs Mango Sorbet (1/2 cup)	150	0	0	0	0	0
Healthy Choice Fudge Bars (1 bar)	80	65	1.5	1	0	4

14. Tell us about something you found particularly interesting, challenging or a new product that you learned about.

- I learned about lactose free yogurt. I had never seen it before (or looked) but have now noticed many people eating it.