

# Food selection when going to the supermarket



Prevention and Health Education Unit  
Prepared by Licensed Health Educators

# Objectives

Mention the benefits of healthy diet.



Understand the basic criteria for selecting appropriate foods when shopping at the supermarket.

Identify healthy foods and distinguish them from less advisable options when making purchases.

# Introduction



Shopping at the supermarket can be overwhelming due to the large number of options and labels that can sometimes be confusing.



Learning to choose healthy, balanced, and safe products not only improves health but also helps save money and avoid ultra-processed foods that may be harmful to health.

# Healthy Nutrition



Healthy eating is one that provides the necessary nutrients for the proper functioning of the body, helping maintain health and prevent diseases.



It is based on a varied, balanced, and sufficient diet, rich in fruits, vegetables, legumes, and whole grains, and it limits the consumption of saturated fats, sugars, and ultra-processed foods.

# Benefits of Healthy Eating



Prevention of chronic diseases

Strengthens the immune system.

Supports body-weight control.

Improves emotional and cognitive balance

Enhances intestinal transit.

Increases energy and productivity

A close-up photograph of a hand pushing a shopping cart. The hand is on the left, gripping a green handle. The cart's metal frame is visible in the foreground. The background is a blurred supermarket aisle with shelves of products.

# **Recommendations When Shopping at the Supermarket**

# Plan Ahead Before Going:

Preparation can be very helpful for staying focused, avoiding impulsive purchases, and making healthier decisions:

Make a shopping list based on the meals for the week.

Avoid going when hungry, as this helps reduce unnecessary purchases.

Set a budget.



# Inside the Supermarket

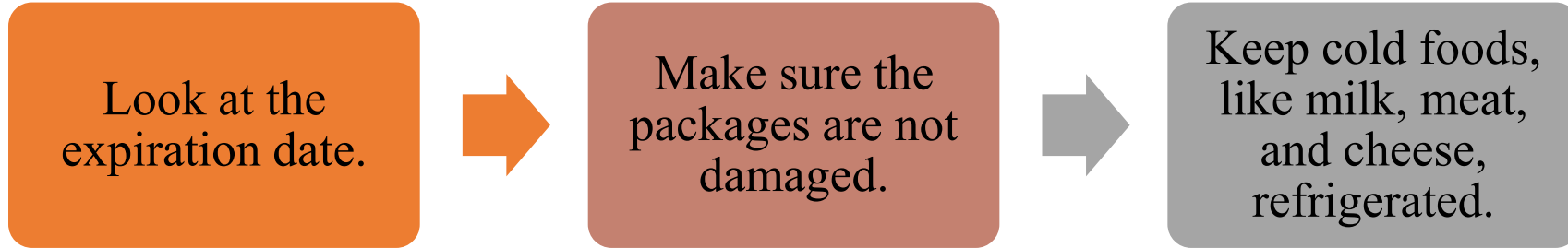


The fresh foods, like fruits, vegetables, and meats, are usually around the outside edges.

The foods that are more processed are usually in the middle aisles.

# Check Dates and Product Condition

To make sure the food is safe:



# Read the Nutrition Labels

## Pay attention to:

- Serving size
- Calories
- Added sugars
- Sodium
- Saturated fats

## Also:

- Avoid products high in sugar, trans fats, and sodium
- Check the product's ingredients listed below the nutrition facts table.

Información Nutricional	
16 porciones por envase	
Tamaño de la porción 1 taza (240ml)	
Cantidad por porción	
<b>Calorías</b>	<b>140</b>
% Valor Diario*	
<b>Grasa Total</b> 2.5g	3%
Grasa Saturada 1.5g	8%
Grasa Trans 0g	
<b>Colesterol</b> 15mg	4%
<b>Sodio</b> 180mg	8%
<b>Carbohidrato Total</b> 20g	7%
Fibra Dietética 0g	0%
Azúcares Total 18g	
Incluye 7g Azúcares Añadidos	13%
<b>Proteína</b> 8g	
Vitamina D 2.5mcg	10%
Calcio 298mg	25%
Hierro 0mg	0%
Potasio 420mg	8%

\*El % Valor Diario (VD) indica cuanto un nutriente en una porción contribuye a la dieta diaria. 2,000 calorías al día es la recomendación general.

Nutrition Facts	
4 servings per container	
<b>Serving size 1 1/2 cup (208g)</b>	
Amount per serving	
<b>Calories</b>	<b>240</b>
% Daily Value*	
<b>Total Fat</b> 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 430mg	19%
<b>Total Carbohydrate</b> 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
<b>Protein</b> 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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- 1 The serving size is not a recommendation of how much to eat or drink.
- 2

- 3 2,000 calories a day is used as a general guide.

- 4 5% DV or less of a nutrient per serving is considered low.  
20% DV or more of a nutrient per serving is considered high.

More often, choose foods that are:

- Higher in dietary fiber, vitamin D, calcium, iron and potassium.
- Lower in saturated fat, sodium and added sugars.

**What should I buy?**



# Prioritize Fresh and Natural Foods

Choose foods that are as fresh and natural as possible:



Fresh fruits and vegetables



Legumes (beans, lentils, or chickpeas)



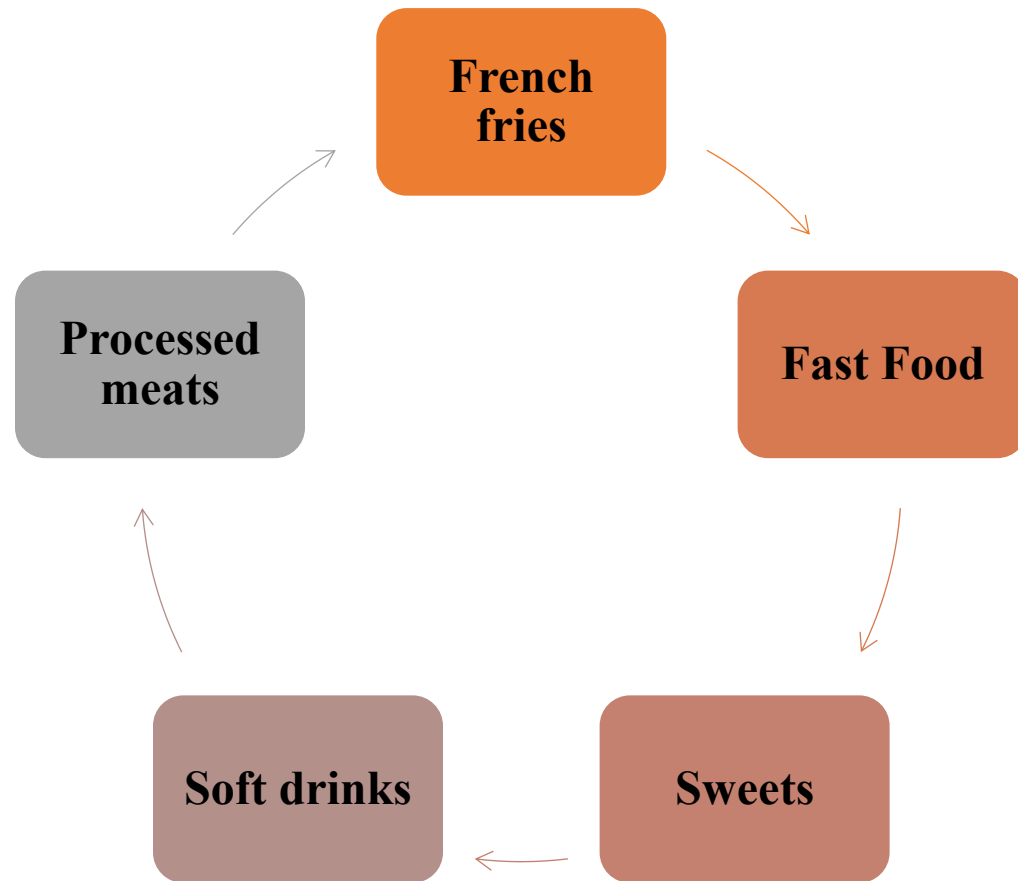
Lean meats, fish, and eggs



Low-fat dairy products

# Limit Ultra-Processed Foods

Ultra-processed foods often contain additives and too much salt, sugar, or fat:



# Choose Healthy Proteins



Fish

Legumes

Skinless  
chicken

Turkey

Tofu

Nuts and  
seeds

Limit the purchase of processed meats, such as ham and deli meats.

# Basic Products You Should Have in Your Pantry

**Grains:** brown rice, oats, quinoa, whole-wheat pasta

**Canned goods:** beans, lentils, tomatoes, tuna, pumpkin

**Oils and vinegars:** olive oil, avocado oil, apple cider vinegar

**Shelf-stable milks:** UHT milk, oat milk, almond milk, coconut milk

**Nuts and seeds:** almonds, peanuts, sunflower seeds, peanut butter

**Spices and seasonings:** garlic powder, cumin, paprika, turmeric

**Basic baking ingredients:** flour, cocoa powder, maple syrup, vanilla.



# Frozen Foods Can Be a Good Option

To extend the shelf life of some foods, such as fish, fruits, and vegetables, consider frozen options, as they last longer.

Freezing does not change the food's nutritional value; it will be just as nutritious as fresh.



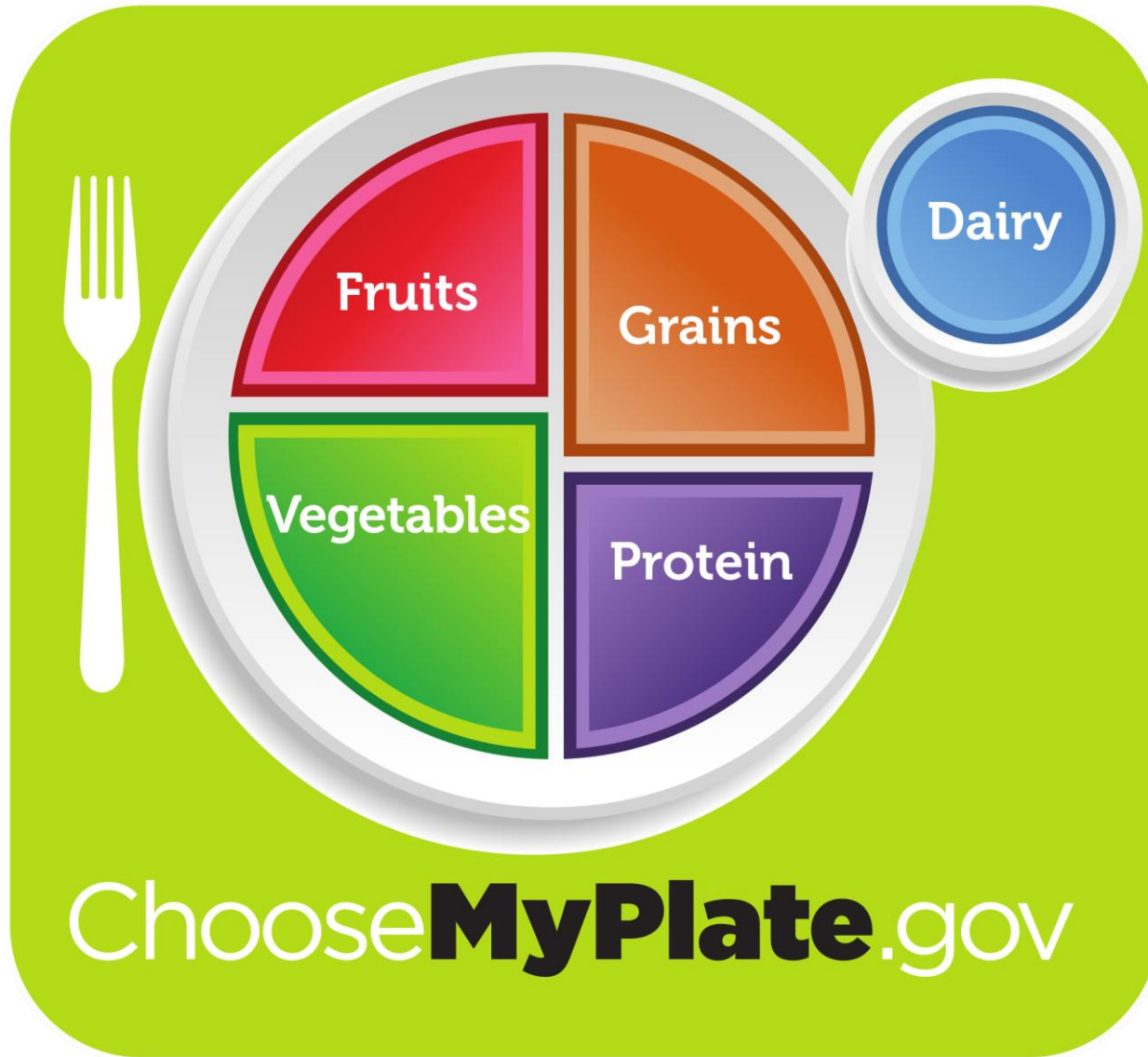
**Protein, Dairy,  
& Healthy Fats**

**Vegetables  
& Fruits**



**Whole  
Grains**






Choose **MyPlate**.gov

# Questions or Comments



# References

- <https://www.mesadelcastillo.com/como-influye-la-alimentacion-en-la-salud-beneficios-ejemplos-consejos-medicos/>
  - <https://vidasaludable.gob.mx/alimentacion-saludable>
  - <https://liverfoundation.org/es/salud-y-Bienestar/estilo-de-vida-saludable/10-consejos-saludables-de-supermercado/>
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# **Social and Emotional Aspect**

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after any medical treatment, please visit your primary doctor or contact the following phone lines.

# **Available Service Lines**

## **Medical Advice Line**

24 hours a day/ 7 days a week

1-844-347-7801

**TTY/TDD 1-844-347-7804**

## **Customer Service**

1-844-347-7800

**TTY/TDD 1-844-347-7805**

Thank  
you!



¿Ayuda con su Plan de Salud del Gobierno?



**ASES**

ADMINISTRACIÓN DE SEGUROS DE SALUD DE PUERTO RICO



Línea libre de cargos  
**1-800-981-2737**  
**TTY 787-474-3389**