How to pick out food

Picking out Produce

- Choose some fresh vegetables and fruits that keep well for a week or more: artichokes, carrots, celery, onions, potatoes, sweet potatoes, apples, or oranges.
- Consider shopping with a friend. Try sharing a head of cabbage or a melon.
- Don't wash vegetables until ready to use; they will stay fresher longer.
- Pop unused portions of red and green peppers, onions, mushrooms into plastic freezer bags to use later in pastas or stir-fries.
- Keep fruit where you will see it and remember to eat it, whether it is stored in the fridge or in your fruit bowl.

Fresh, Frozen, Canned or Dried?

- Read labels on frozen and canned fruits and vegetables. Avoid those with extra sodium and sugar.
- Choose canned fruits in their own juices rather than in heavy syrup, which contains a lot of sugar and calories.
- Keep in mind that dried fruit tends to be high in calories. Eat in moderation.

Buying in Bulk?

- Choose foods that will store well if you buy in large quantities, such as cereal, pasta, dried fruit, dried beans, lentil and whole grains like rice and barley.
- Other foods, such as bread, grated cheese and ground or whole-bean coffee may be stored in the freezer for long periods of time.
- If you plan to keep staples such as whole wheat flour, wheat germ or nuts for an extended period of time, it is best to refrigerate them.
- Buy frozen vegetables in bags, rather than boxes. Use only what you need!
- Buy fish, poultry, or lean cuts of meat on sale and freeze them. Don't forget to date your bags.