

Grocery Shopping for Your Health

Having a master grocery list will get you in and out of the store quickly and help you stick to both your budget and your healthy eating plan. Follow these tips for picking the healthiest foods from each aisle:

Whole Grains: Whole wheat bread, whole grain pastas, brown rice, whole grain cereals, oatmeal, quinoa, pearly barley

Meat and Seafood: Skinless chicken or turkey breasts, ground chicken or turkey, salmon, halibut, trout, very lean beef, reduced sodium lunch meats

Other Proteins: Eggs, dry beans, legumes, lentils, split peas, unsalted nuts, peanut butter, almond butter, sunflower seeds, sesame seeds, flax seeds, hummus, soy meat alternates

Dairy: Skim or lowfat milk, calcium fortified soy milk, low fat yogurts or cottage cheese, tofu, butter or soft margarines that don't contain hydrogenated oils

Snacks: Whole grain crackers, dried fruit, dark chocolate with more than 70% cocoa, low fat cheese, string cheese

Canned Foods: Low-sodium tomato products, lower sodium soups or broths, tuna or salmon packed in water, fruit packed in juice or water

Frozen Foods: Vegetables without sauces, fruits without added sugar, low-fat ice cream or yogurt, whole grain waffles

Fresh Produce: Fruits and vegetables in season

Beverages: Coffee, unsweetened green and flavored teas, calcium-fortified orange juice, sparkling water

Condiments: Olive oil, canola oil, nonfat cooking sprays, reduced fat mayonnaise, reduced fat salad dressings, vinegars, catsup, mustard, bbq sauce, salsa, olives. *Note: Many condiments are high in sodium so use them sparingly if you are watching your salt intake.*

Dining Centers & Days of Service Call for Lunch Reservations

LINN COUNTY

Albany Senior Center

Monday - Friday (541) 967-7647

Brownsville Christian Church

Tues. & Thurs. (541) 466-5015

Lebanon Senior Center

Monday - Friday (541) 451-1139

Mill City, First Presbyterian

Tues. & Thurs. (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

Corvallis Senior Center

Monday - Friday (541) 753-1022

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri. (541) 994-7731

Newport Senior Center

Mon., Wed., Fri. (541) 574-0669

Siletz, Tribal Community Center

Mon. & Wed. (541) 270-7416

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County Sr. Center

Mon., Wed., Fri (541) 563-8796