

# Welcome to the May Statewide Wellness Virtual Lunch and Learn

Hosted by:  
OSHR Worksite  
Wellness

IF YOU PARTICIPATE IN THE STATE HEALTH PLAN, YOU CAN FIND A NUTRITIONIST CLOSE TO YOU BY LOGGING INTO YOUR BCBSNC ACCOUNT OR CALLING BCBS. DIETITIAN VISITS ARE COVERED AT 100% WHEN AN IN-NETWORK PROVIDER IS USED. VISIT [WWW.SHPNC.ORG](http://WWW.SHPNC.ORG) TO LEARN MORE.

FOR FUTURE WELLNESS LUNCH AND LEARN EVENTS, OR RECORDINGS OF PREVIOUS EVENTS, VISIT [HTTPS://OSHR.NC.GOV/WELLNESS-WEBINARS](https://OSHR.NC.GOV/WELLNESS-WEBINARS).

LET'S LUNCH AND LEARN!



# Navigating The Grocery Store: How to Shop Smarter!

PRESENTED BY KATIE GODIN, RD,  
LDN

**LifeStyle**  
MEDICAL CENTER

Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy

# Katie Godin, RD, LDN

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Lifestyle Medical Centers offers Nutrition Counseling to assist with educating you on how to make positive lifestyle changes alongside continual support and encouragement.

## **Services offered:**

Weight Management

Women's Health

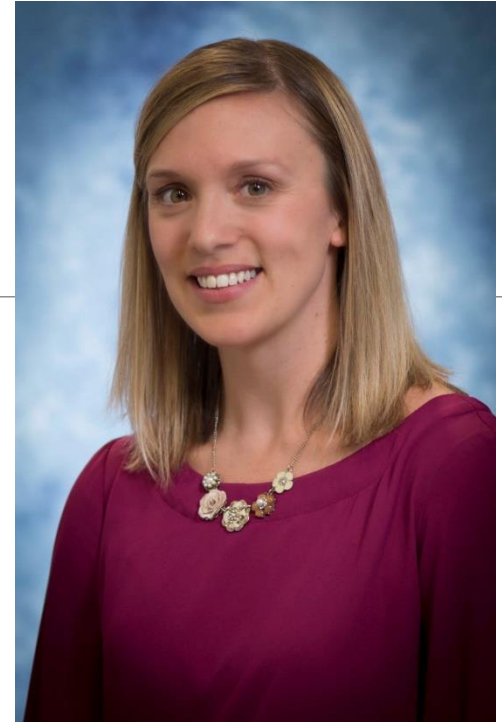
Sports Nutrition

Chronic Disease Counseling

Bariatric Support

Smoking Cessation

Sleep Assessment and Stress Management



Evidence-based Lifestyle Modification  
and Medical Nutrition Therapy



# Tip # 1 : Plan Ahead and Get Organized!

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- Planning Ahead = Healthier Choices + Budget Friendly.
- Shopping List is a MUST.
- Check to see what you have.
- Keep your refrigerator / pantry organized.
- Ongoing list of things you run out of throughout the week.
- Dietitians are GREAT at helping you get organized!



## Tip # 2: Budget!

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- Avoid Unnecessary Bargains. Think – will I use this?
- Coupons! Keep a small folder handy to put them in.
- Prioritize convenience items and balance convenience with cost. Is it truly worth it?
- And remember Tip #1 – planning is the best way to avoid unnecessary spending!

# Tip # 3: Get your family involved

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- Support = Success!
- Get kids involved! IF you must bring them! 😊
- Give them a task! Kid friendly grocery lists with pictures (lots of print out options online).
- Have them help push the cart (if old enough!).
- Involvement may = compliance with food variety!



## Tip # 4: Do NOT go hungry, rushed, or tired!

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- When will you go?
- Schedule it! And stick to it!
- Smaller trips vs. larger trip?
- Consider Online shopping!



## Tip # 5: Which store is best?

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- Traditional Super Market
- Discount Grocery Store
- Health Food Store
- One Stop Shop
- Bulk





# Tip # 6: Be strategic with HOW you shop!

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- Perimeter First!
  - Fresh Produce
  - Meat/ Fish / Dairy / Eggs
- Frozen Foods
  - What are healthy items to include?
- Middle Aisles – Save for last!
  - Less ingredients the better.
  - Read labels!
  - Healthy items do exist!

## New Label / What's Different?

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
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.

Servings:  
larger,  
bolder type

Serving sizes  
updated

Calories:  
larger type

Daily Values  
Updated

New:  
added sugars

Change  
in some  
nutrients  
required

Actual  
amounts  
declared

New  
footnote

# Tip # 7: Read Labels!

- An RD can help you learn to read labels! Look at the ingredients list.
- Limit overall packaged items.
- What to watch out for:
  - o Serving
  - o Sodium
  - o Added Sugars
  - o Saturated Fat
  - o Fiber

## Tip # 8: Beware of unregulated and misleading terms!

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- Terms that are unregulated
  - o Natural
  - o Grass-fed
  - o Pasture-Raised
- Terms that are misleading
  - o Free Range
  - o Cage Free
  - o Made with real fruit
  - o Made with whole grains
  - o Sugar Free
- Regulated terms
  - o USDA Organic

Let's Cook!

Lemon  
Cheesecake  
Yogurt Cups

skinnytaste®

