

HOW TO SHOP WELL?

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Shopping can sometimes be a **difficult thing to do** : between information-packed labels, lengthy ingredient lists and a tight food budget, it's not always easy to not get lost. To make things easier for you, we've put together a few tips to help you **decrypt food labels**, **save time** and **manage your budget**, while still **eating a healthy and balanced diet**!

Grocery shopping planning

First of all, grocery shopping is a task that may require some thought. **Planning the week's menus** and **drawing up a shopping list** can be real benefits to :



Save time at the supermarket and in the kitchen



Prepare healthy and varied meals



Save money



Reduce food waste



Avoid impulse buy

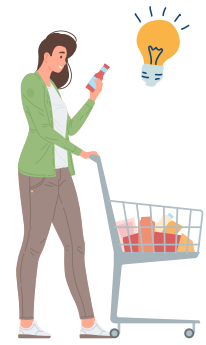
A well-balanced shopping basket

To make up a balanced basket, you can choose a **variety of nutrient-rich foods**, in **appropriate quantities** and **from all the food groups**: fruits, vegetables, proteins, dairy products, carbohydrates, fats and legumes.

A well-balanced basket can therefore be used to **create a variety of dishes**.



A few tips for well-balanced grocery shopping



Limit ultra-processed products

- Often with **lower nutritional quality**:
↑ sugars/salt/fat, ↓ fiber/vitamins/minerals
- Contain **additives**
- Can contribute to the development of various **pathologies** : obesity, type 2 diabetes, heart disease, hypertension...

Some examples: soft drinks, industrial ham and cheese escalope, industrial nuggets, candy, etc.



Favour raw foods

- Unprocessed products
- Better nutritional quality

Some examples: fruit and vegetables, eggs, milk, nuts and seeds that are not roasted or salted, legumes, etc.



Adapt your quantities

Buying **non-perishable products** (pasta, rice, semolina, flour, etc.) in **large quantities** can **reduce their cost**.

! Warning : avoid doing the same with **perishable** products (meat, dairy products, etc.), which have a **limited preservation**.



Think about frozen foods

- **Long preservation**
 - **Time-saving** in the kitchen
 - Preservation of **nutritional and taste qualities**
- ! Warning:** it's better to choose raw frozen foods: **no added salt, sugar or additives**.



Eat seasonal foods

A lot of benefits:



More affordable price



↑ nutritional quality



↑ taste quality



More ecological

You can find the seasonal food calendar on the Internet!

Decrypting food labels

It's important to **learn how to read food labels** because it can help you make **informed choices about your products**. It can also help you choose healthier foods.



They'll be no longer a secret for you !

To help you out, take a look at our **memo** at the end of the newsletter, with key points to help you shop with peace of mind. Don't hesitate to print it out and take it with you when you go shopping!

1 How to read food labels?

LIST OF INGREDIENTS

Size of list

INGREDIENTS : WHEAT FLOUR, FANCY MOLASSES, VEGETABLE OIL SHORTENING (SOYA AND/OR CANOLA AND/OR CORN OILS), BROWN SUGAR, LIQUID WHOLE EGGS, SUGAR, SALT, SODIUM BICARBONATE, SPICES, COLOUR.
CONTIENT : WHEAT, EGG, SOY.

A long list of ingredients is often a sign that the product has been **processed** or even **ultra-processed**.

Choose **raw foods**, which contain **fewer ingredients** and are therefore **less processed**!



Order of ingredients

Ingredients are always listed in **descending order** of according to **quantity**.



The **1st to appear** will is therefore be the one **present in greatest quantity**.

Ingredients: **Enriched wheat flour**, Water, Yeast*, Sugar, Wheat gluten*, Vegetable oil (canola or soybean), Wheatlets, Vinegar, Salt, Baking powder, Calcium propionate, Fumaric acid, Potassium Sorbate.
*Order may change
May contain: Soybean.

Allergen(s)



Allergens can be identified in the list of ingredients by their **bold**, **italicized** or **underlined** text.

Ingredients
Sugar, Fortified Wheat Flour (**Wheat**), Calcium carbonate, Iron, Niacin, Thiamin, **Egg**, Free Ranget, Rapeseed Oil, Cherry Jam (Glucose Syrup, Sugar, Cherry Puree, Gelling Agent (Pectin), Acidity Regulators (Citric acid, Sodium citrate), Flavouring), Butter (**Milk**), Vanillin (Glycerol - Vegetable), Fat-reduced Cocoa Powder, Belgian White Chocolate (Sugar, Cocoa Butter, **Milk** Powder, Emulsifier (Lecithin) (**Soya**), Flavouring), Belgian Dark Chocolate Shavings (Cocoa Mass, Sugar, Cocoa Butter, Butter Oil (**Milk**), Emulsifier (Lecithins) (**Soya**), Flavouring), **Milk**, Glucose Syrup, Candied Cherries (Cherries, Glucose - Fructose Syrup, Colour (Anthocyanins), Acidity Regulator (Citric acid), Preservative (**Sulphur dioxide**), Cornflour, **Wheat** Starch, Invert Sugar Syrup, Raising Agents (Disodium dihydrogen phosphate, Sodium hydrogen carbonate), **Skimmed Milk** Powder, Preservative (Potassium sorbate), Salt, Flavourings, Colour (Caramel).

Beware of indications such as "may contain traces of ...". They indicate that the product has been manufactured in a workshop where **allergens are present**, even if they are unlikely to be not in the final product.

NUTRITIONAL VALUES

Nutritional values are generally found in a table with 7 indications: the **energy value** (in kilojoules/kJ and kilocalories/kcal) of foods, as well as their **fat**, **saturated fatty acid**, **carbohydrate**, **sugar**, **protein** and **salt contents**.

Nutrition Facts	
Valeur nutritive	
Per 1/2 cup (125 mL) / par 1/2 tasse (125 mL)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 130	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 430 mg	18 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 6 g	25 %
Sugars / Sucres 1 g	
Protein / Protéines 9 g	

Ideally, you should compare the nutritional values of products per **100g or 100mL** rather than per portion, as portion sizes differ according to the product consumed.

Nutrition Facts Valeur nutritive	
Per 1/2 cup (125 mL) / par 1/2 tasse (125 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 130	
Fat / Lipides 1 g	1 %
Saturated / saturés 0.1 g + Trans / trans 0 g	1 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 430 mg	18 %
Carbohydrate / Glucides 23 g	8 %
Fibre / Fibres 6 g	25 %
Sugars / Sucres 1 g	
Protein / Protéines 9 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

Some labels give **additional information** on **vitamin, mineral** and **fiber contents**.



And how are things internationally?

For example, in the United States, regulations require that nutritional information be given per **portion**. For a given portion, the quantity of each element is defined as its proportion in relation to the **recommended daily value**. Potassium, vitamin D, calcium and iron contents have to be indicated, as must added sugars. Potassium and vitamin D have recently been added to the table due to their insufficient consumption in the United States.



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

NUTRI-SCORE: A QUICK AND EASY TOOL!

Introduced in France in 2017, the Nutri-Score is a **simple tool** you can easily use to help you make **better food choices**. Unlike the list of ingredients and nutritional values, its presence on packaging is **not mandatory**.

It's affixed to the front of packaging and provides information on the **nutritional quality of products** in a simplified form that complements the nutritional values. It takes the form of a logo based on a **scale of 5 colors and 5 letters** (ranging from **dark green / A** to **dark orange / E**):



Nutritional quality



How is the Nutri-Score calculated?

The Nutri-Score takes into account, **per 100g or 100mL of product**, the content of :

- **Nutrients and foods to favor**: fiber, protein, fruits, vegetables, legumes, nuts, rapeseed, walnut and olive oil;
- **Nutrients to limit**: saturated fatty acids, sugars, salt (→ energy).

After calculation, the **score obtained** for a product is used to **assign it a letter and a color**. We advise you to consume foods with a Nutri-Score tending towards green. It can be interesting to use the Nutri-Score to compare products belonging to the **same food category**.



The Nutri-Score does not take into account **additives**, **NOVA classification** (degree of processing), the presence of **pesticides** or **environmental impact**.

FOOD PRESERVATION

There are two categories of preservation dates for food products:

Best-Before Date



Best-Before Date (BBD): the date after which product consumption becomes **dangerous to health**.

It's indicated on **highly perishable and packaged food products** such as **meats, fishes, refrigerated ready meals**, etc.

"To be consumed until ..."

+ indication of **day, month** and sometimes **year**

+ description of **storage conditions to be respected**



Minimum Durability Date

Minimum Durability Date (MDD): indicative **date** after which the product may lose some of its **taste or nutritional qualities** (e.g. **vitamins**) **without being dangerous to health**.

These include **dry, sterilized and dehydrated products** (*canned products, coffee, milk, fruit juices, dried cakes, etc.*).

"Best consumed before ..."



For some products, the MDD is **not mandatory** (fruits, vegetables, vinegar, salt, etc.).



Don't forget to look at the **BBD or MDD** of a product **before you buy it!**



2 Why is it important to know how to read food labels?



Know the **composition of food**



Compare food products



Identify allergens:
allergy and intolerance
prevention



Take care of our health:
favour healthier foods and limit
processed products

Conclusion

By **planning** your **meals** and **shopping** ahead of time, and learning how to read food labels, you can **become actor of your diet** and make **informed choices** which are good for in favour of your health!



How to shop well?



From home ...

THE PLANNING



Draw up menus for the week

List the ingredients you need to buy



Think well-balanced!



In need of inspiration?

You can find a lot of recipe ideas on the Internet!



... in the shelves ...

THE NUTRI-SCORE



Logo on packaging providing simplified information on the nutritional quality of products.

➔ Makes it easy to compare similar food products.

THE NUTRITIONAL VALUES



To learn more about the food and compare nutritional values for 100g or 100mL.



... at the checkout!

THE LIST OF INGREDIENTS



Classification by quantity in product



Allergens in **bold**, in *italic* or underlined



Long list of ingredients

➔ ultra-processed product

THE FOOD PRESERVATION

• Best-Before Date (BDD)
= "To be consumed until ..."



-> after this date, the product may be dangerous to health

• Minimum Durability Date (MDD)
= "Best consumed before ..."

-> loss of taste or nutritional qualities, but not dangerous to health



Why read food labels?



Know the composition of food



Compare food products



Identify allergens:
allergy and intolerance
prevention



Take care of our health:
favour healthier foods and limit
processed products

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