

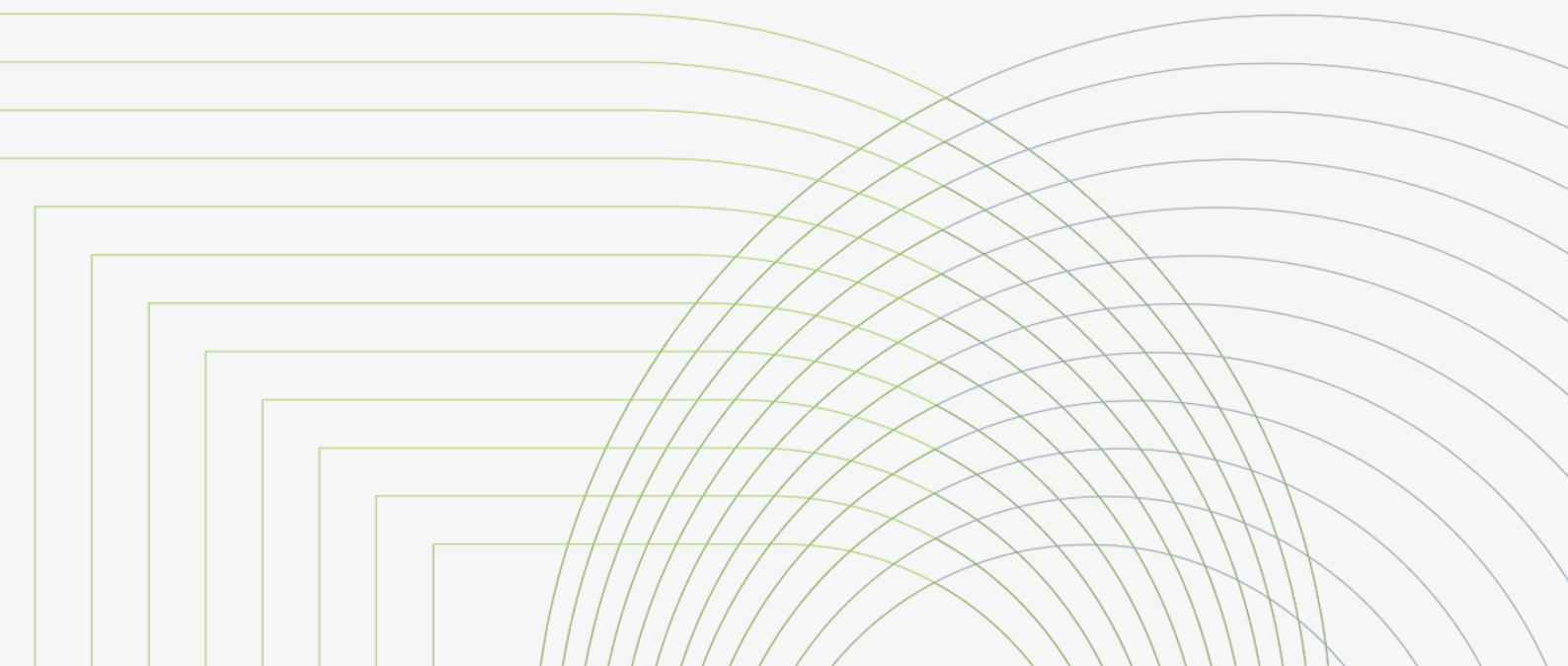
Module 2.3

Nutrition:

Food Shopping

Keeping the Body in Mind – Resources

Consumer Learning Module



Food Shopping Module

Content:

Food Shopping.....	3
Healthy Shopping Tips.....	4
Jane's Healthy Shopping Experience.....	5
Understanding Food Packaging.....	6
Tom's Food Label Journey.....	10
What About Eating Out?.....	11

Food Shopping



Eating healthily is important for everyone, but it can be challenging. It's even more essential for people with severe mental illness, as a good diet can help improve overall health and wellbeing. In this module, we'll teach you how to make healthier choices while shopping and how to understand food packaging and nutritional requirements.

Healthy Shopping Tips

Plan ahead:

- Make a list of healthy foods and ingredients you'll need for your meals and snacks. This will help you stay focused on buying healthy items and avoid buying unhealthy products.



Shop the perimeter:

- Most supermarkets have their fresh fruits, vegetables, meats, and dairy products around the edges. Try to shop mostly in these areas and limit the time spent in the middle aisles where processed and unhealthy foods are usually found.



Choose whole foods:

- Whole foods are foods that are not processed or have minimal processing. They include fruits, vegetables, whole grains, lean meats, and low-fat dairy products. These foods have more nutrients and fewer unhealthy ingredients.



Look for healthy alternatives:

- If you crave for something sweet or salty, look for healthier alternatives. For example, choose unsalted nuts or fruit instead of chips and lollies.



Jane's Healthy Shopping Experience



Jane has been struggling with her overall health. Her health worker suggested that she focus on eating a healthier diet. Jane decided to make a change, so she planned her meals for the week and made a shopping list.

When Jane went to the supermarket, she focused on shopping the perimeter of the store, where she found fresh fruits, vegetables, lean meats, and dairy products. She made sure to choose whole foods and read the ingredients lists and nutrition information panels on packaged items.

As a result, Jane started feeling better, both physically and mentally. She continued to shop and eat healthily, which improved her overall well-being and made it easier to achieve her other goals in life.

Understanding Food Packaging

Nutrition information

This is a label on food packages that shows important information about the nutrients in the food. Here's what to look for:

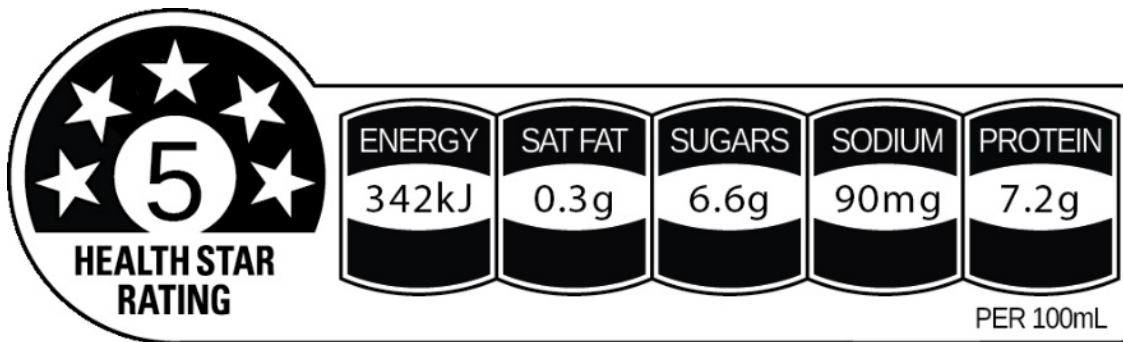
- **Serving size:** This tells you how much food is considered one serving. Be careful, as the package might contain multiple servings.
- **Kilojoules:** This number shows how much energy you get from one serving of the food.

WHITE BREAD NUTRITION INFORMATION			MULTIGRAIN BREAD NUTRITION INFORMATION		
Servings per package: 20			Servings per package: 25		
Serving size: 25 g			Serving size: 33 g		
	Average Quantity per Serving	Average Quantity per 100 g		Average Quantity per Serving	Average Quantity per 100 g
Energy	269 kJ	1070 kJ	Energy	449 kJ	1360 kJ
Protein	2.4 g	9.6 g	Protein	4.2 g	12.8 g
Fat, total	0.8 g	3 g	Fat, total	2.4 g	7.3 g
- saturated	0.1 g	0.5 g	- saturated	0.3 g	1 g
Carbohydrate	11.4 g	45.6 g	Carbohydrate	15.6 g	47.2 g
- sugars	1 g	4 g	- sugars	1 g	2.9 g
Sodium	137 mg	547 mg	Sodium	144 mg	436 mg

It is recommended to always read the 100g column to compare similar foods, as the serving sizes can often be different between brands.

Look at the Australian guide to understanding food labels on the next page for more details on reading food labels.

Health Star Rating system



The Health Star Rating system is like a report card for packaged foods. The foods are given a rating of between ½, and 5 stars based on how healthy they are.

The more stars, the healthier the food. The stars are there to help you choose the healthiest packaged foods. They can help you compare foods like breakfast cereals, but not foods that are different, like cereal and yogurt.

It's important to remember that the Health Star Rating is only for packaged foods, and to have a healthy diet, you also need to eat fresh fruits and veggies and protein-rich foods like lean meat and dairy.

For more information on how to use the Health Star Rating, visit the [Health Star Rating Website \(http://www.healthstarrating.gov.au/\)](http://www.healthstarrating.gov.au/).

Ingredients list

When you look at a food package, you might find the ingredients list on the top, bottom, or side, and it can look different for every product. The ingredients are listed from highest to lowest quantity. For example, if a product is called "flaked honey corn cereal," it must list the percentage of corn and honey that is in the product on the ingredients list.

When you look at the ingredients list, look for sources of fat, sugar, and salt. If these ingredients are listed at the beginning of the list, it means the product is probably not a healthy choice. Sometimes there can be many different names for high-fat, high-sugar, or high-salt ingredients.

Some examples of ingredients high in fat include butter, margarine, lard, and vegetable oil. Examples of high-sugar ingredients include sucrose, fructose, and honey. Salt can be listed as sodium, onion salt, or baking soda, among others.

Remember to check the ingredients list to help you make healthy choices!

Health claims

Some food packages have words like "low-fat" or "whole grain" on them. Be careful, as these claims can be misleading. Always check the ingredients list and nutrition information panel to see if the food is actually healthy.



HOW TO UNDERSTAND FOOD LABELS

What to look for...

Don't rely on health claims on labels as your guide. Instead learn a few simple label reading tips to choose healthy foods and drinks, for yourself. You can also use the label to help you lose weight by limiting foods that are high in energy per serve.

Nutrition Information		
Servings per package – 16		
Serving size – 30g (2/3 cup)		
	Per serve	Per 100g
Energy	432kJ	1441kJ
Protein	2.8g	9.3g
Fat		
Total	0.4g	1.2g
Saturated	0.1g	0.3g
Carbohydrate		
Total	18.9g	62.9g
Sugars	3.5g	11.8g
Fibre	6.4g	21.2g
Sodium	65mg	215mg
Ingredients: Cereals (76%) (wheat, oatbran, barley), psyllium husk (11%, sugar, rice, malt extract, honey, salt, vitamins.		

Total Fat ▶
Generally choose foods with less than **10g per 100g**.
For milk, yogurt and icecream, choose less than **2g per 100g**.
For cheese, choose less than **15g per 100g**.

Saturated Fat ▶
Aim for the lowest, per 100g.
Less than 3g per 100g is best.

Other names for ingredients high in saturated fat: Animal fat/oil, beef fat, butter, chocolate, milk solids, coconut, coconut oil/milk/cream, copha, cream, ghee, dripping, lard, suet, palm oil, sour cream, vegetable shortening.

Fibre ▶
Not all labels include fibre.
Choose breads and cereals with **3g or more per serve**

Ingredients ▲
Listed from greatest to smallest by weight. Use this to check the first three ingredients for items high in saturated fat, sodium (salt) or added sugar.

◀ 100g Column and Serving Size
If comparing nutrients in similar food products **use the per 100g column**. If calculating how much of a nutrient, or how many kilojoules you will actually eat, use the per serve column. But check whether your portion size is the same as the serve size.
Energy
Check how many kJ per serve to decide how much is a serve of a 'discretionary' food, which has 600kJ per serve.

Sugars
Avoiding sugar completely is not necessary, but try to avoid larger amounts of added sugars. If sugar content per 100g is more than 15g, check that sugar (or alternative names for added sugar) is not listed high on the ingredient list.
◀
Other names for added sugar: Dextrose, fructose, glucose, golden syrup, honey, maple syrup, sucrose, malt, maltose, lactose, brown sugar, caster sugar, maple syrup, raw sugar, sucrose.

◀ Sodium (Salt)
Choose lower sodium options among similar foods. **Food with less than 400mg per 100g are good, and less than 120mg per 100g is best.**
Other names for high salt ingredients: Baking powder, celery salt, garlic salt, meat/yeast extract, monosodium glutamate, (MSG), onion salt, rock salt, sea salt, sodium, sodium ascorbate, sodium bicarbonate, sodium nitrate/nitrite, stock cubes, vegetable salt.

<https://www.eatforhealth.gov.au/1>

Tom's Food Label Journey

Tom, like many people, relied on processed and unhealthy foods for convenience and ease of preparation. However, he began to notice negative effects on his health and realised that he needed to make changes to his diet.

Tom was determined to learn more about food packaging and labels, so he did his research on how to read ingredients lists and nutrition information panels. He started paying closer attention to these labels when shopping, choosing healthier options like whole grains and low-sugar products, and avoiding misleading health claims.

As Tom's diet improved, he noticed significant improvements in his overall health and wellbeing. His energy levels increased, and he found that his mental health became more stable. Tom realised that understanding food packaging and labelling was crucial to making better choices for his health.

What About Eating Out?

It's generally healthier and cheaper to make your own food at home.

Sometimes you may decide it's more convenient to eat out or you are eating out with friends. There are choices that we can make that are healthier

How to choose a meal?

- **Less fat:** choose grilled, baked, steamed, boiled and stir-fry foods
- **Less salt:** choose fresh meats and vegetables
- **More fibre:** choose whole meal options and more vegetables in the meal

Cuisine	Healthier options		
Indian	 <p>Vegetable curry with Roti bread</p>	 <p>Dosa</p>	 <p>Biryani chicken</p>
Italian	 <p>Margherita pizza</p>	 <p>Pasta with tomato-based sauce</p>	 <p>Risotto with vegetables</p>

Congratulations! You've now completed module 2.3 Nutrition – Food Shopping



Scan the QR code or visit the link for online access to all of the modules and a complete list of references or visit the link below:
mindgardens.org.au/KBIMResources



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