

Grocery Shopping Basics

Circling the Store:



- ❑ Try to choose most of your foods from the outer isles of the store. These isles usually do not have processed products that contain extra fat and calories.
- ❑ Choose fresh fruits and vegetables from the produce section. Frozen vegetables and fruits without added sugar or sauces are a great choice too.
- ❑ Lean meats and low fat dairy products are better to choose from instead of processed meats with breading or sauces.
- ❑ Whole grain breads are usually located at the end of an aisle and serve as a great source of fiber.

Reading Food Labels:

- ❑ Pay attention to the serving size of the product and how many servings are in each container. Some frozen meals and soup cans contain two servings but only list the calories and nutrition for one serving. You may have to double the calories if you are going to eat the whole container. Choose items low in saturated and trans fat.
- ❑ Beware of creative labeling. Fat-free & Sugar-free labels do not mean that the food is calorie free. Try to choose foods low in fat and high in fiber.



Before You Go:

- ❑ It is important to keep in mind that anything eaten in excess can lead to weight gain.
- ❑ Making a grocery list of healthy snacks and meal ideas for the week will make it easier when you need to prepare something in a hurry.
- ❑ Always have a snack before you go to the grocery store. Going to the grocery store hungry will cause you to purchase more food than necessary and poorer choices.



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Healthy living through nutrition & fitness

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