



NAVIGATING THE GROCERY STORE



Before Shopping:

FRUITS

Make a List

- Plan out meals for the week and identify ingredients you need
- Categorize your list into food groups (e.g. produce, protein, whole grains, etc.)

Before You Leave

- Don't go when you're hungry
- Look for coupons/specials

During Shopping:

Shop with Purpose

- Shop the perimeter where the fresh food is stored
- Minimize going down aisles (avoid temptations)
- Lower cost items may be below/above eye level
- Stick with the items on your list

Read Nutrition Labels

- Things to avoid:
 - High Sodium (>400 mg/serving)
 - Added sugars and high fructose corn syrup
 - Trans Fats ("partially hydrogenated oils")
- Don't be fooled by the packaging
 - "Natural" and "Organic" may not be healthy
 - "Multi-grain" means many grains not necessarily whole grain

BEVERAGES



