

Grocery Shopping Tips

MAKE A PLAN. Plan a menu and create a list before going to the grocery store. This will prevent you from buying whatever looks good while you shop

EAT FIRST. Never go to the grocery store on an empty stomach. This leads to over buying and purchasing unhealthy foods.

SHOP THE PERIMETER of the store first making your first stop the produce section.

CHOOSE A RAINBOW OF COLORS. When picking out produce, choose a variety of colors. The more variety of colors the more nutrients you will benefit from.

READ LABELS. Look at the labels of the items you purchase. Pay attention to added sugar, saturated fat and fiber content. You can use grocery shopping apps like Fooducate or Shopwell to assist you in making healthy choices.

IN-SEASON FRUITS & VEGGIES. Shop for fruits and vegetables that are in season. Plan to eat the most perishable produce items first. Try not to buy more than you will consume so you are not throwing away food.

GO LEAN. When purchasing meat, pick out lean meats. Lean meats are high in protein content and low in fat content. Marbling increases the fat and calories in your diet-- select cuts that have the least, such as sirloin, tenderloin and eye of round. Ground poultry can have as much fat as ground beef has, to make the leanest choice, choose ground breast meat.

FRESH ISN'T ALWAYS BEST. If you have the freezer space, buy frozen fruits and vegetables without added sauces or butter. Purchase some frozen or canned fruits and veggies. They last much longer and are a quick way to add fruits and vegetables to your meal. Add the frozen foods to your cart last so they won't thaw out before you get home.

SHOP VARIETY. Change up your menu and the products you purchased so you don't get bored with your meals.

Shopping List

Dairy

- Skim Milk
- Almond Milk
- Soy Milk
- Cottage Cheese
- Greek Yogurt
- Butter
- Eggs
- Hummus
- Cheese

Fresh Produce

- Apples
- Pears
- Bananas
- Berries
- Peaches
- Plums
- Apricots
- Cherries
- Oranges
- Tangerines
- Grapes
- Melons
- Lettuce
- Spinach
- Green Beans
- Lemons
- Limes
- Carrots
- Avocados
- Peppers
- Broccoli
- Mushrooms

Choose in season fruits and vegetables with color variety.

Wheat & Grains

- Quinoa
- Oatmeal
- Brown Rice
- Whole Grain Cereal
- Whole Wheat Pasta
- Whole Wheat Tortillas
- Whole Grain Crackers
- Whole Wheat Bread
- Whole Wheat English Muffins
- Whole Wheat Bagels

Frozen Foods

- Frozen Fruit
- Frozen Veggies
- 100% Fruit Juice
- Frozen Whole Wheat Waffles
- Frozen Fish

Meat & Seafood

- Turkey
- Chicken
- Lean Ground Beef
- Lean Pork
- Fish
- Sliced Deli Meats

Other

- Coffee
- Tea
- Juice
- Popcorn
- Protein Bars
- Peanut Butter
- Unsweetened Applesauce
- Potatoes
- Pasta Sauce
- Low Sodium Soy Sauce
- Raw Honey
- Extra Virgin Olive Oil
- Canola Oil
- Balsamic Vinegar
- Sea Salt
- Cinnamon
- Ginger
- Salsa
- Beans
- Nuts
- Granola
- Dried Fruits



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Suggested Shopping List

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- Berries
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- Plums
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- Carrots
- Avocados
- Peppers
- Broccoli
- Mushrooms

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Frozen Foods

- Frozen Fruit
- Frozen Veggies
- 100% Fruit Juice
- Frozen Whole Wheat Waffles
- Frozen Fish

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