

Grocery Shopping Tour

The Grocery List

Never go to the store without a list! You are more likely to pick up a lower quality food item while perusing the isles without direction!

The Shopping Pathway

Shop mostly around the perimeter of the grocery store. This is where you will find the majority of:

-  Fruits and Veggies
-  Lean Meats
-  Whole Grains
-  Dairy

Locating Super Foods and Nontraditional Items

These foods may include the following:

-  Flax Seeds
-  Whole Oats
-  Healthy Oils
-  Whole Grains
-  Bulk Nutrition

Reading Labels

Avoid ALL foods with trans fats on the label.

Avoid ALL foods with long ingredient lists containing lots of artificial ingredients and added chemicals

Avoid ALL foods with unhealthy additional sugars (added sucrose, glucose, sugar, maltodextrin, corn syrup)

Bargain Hunting

“Healthier Selections” can be quite pricey! Brand names are typically the most expensive. When two products have the same ingredient list, choose the less expensive one!