



Grocery shopping tips

5 RULES TO LIVE BY:

RULE #1

Shop from a list to avoid impulse purchases.



RULE #2

Write your shopping list based on your meal plan for the week.



RULE #3

Shop after eating, so you're not hungry or tempted to buy extra food.



RULE #4

Choose most foods from the outer aisles/perimeter of the store.



RULE #5

Read food labels to make healthy choices.



Fill your cart with healthy choices

FOOD GROUP	CHOOSE	AVOID
Grains	<p>BREADS: look for whole-wheat products with three grams of fiber or more per serving; the first ingredient should say “whole.”</p> <p>OTHER GRAINS: whole-grain pasta, brown rice, wild rice, barley, bulgur, whole-wheat couscous, quinoa</p>	<p>BREADS: refined bread products, doughnuts, muffins, croissants, bagels, pastries, etc.</p> <p>CEREALS: refined cereals with more than eight grams of sugar</p> <p>GRAINS: refined grain products and pasta, rice or other grains made with sauces (high in sodium and fat)</p>
Starchy vegetables	Sweet potatoes/yams, winter squashes, peas, lima beans	STARCHES: White potatoes, French fries, chips, corn
Fruits and vegetables	Fresh or frozen fruits and vegetables, unsweetened dried fruits	Frozen fruit with added sugar, frozen vegetables prepared with butter, cheese or cream sauces, dried fruit with added sugar (like Craisins®), canned fruit in heavy syrup
Milk and yogurt	<p>MILK: organic low-fat milk, almond milk</p> <p>YOGURT: Greek or plain low-fat yogurt is best (You can sweeten it yourself.)</p>	<p>MILK: whole milk, cream or half-and-half</p> <p>YOGURT: yogurt made with whole milk or with fruit on the bottom, and ones with granola and candies, or processed cheese products</p>
Meat, poultry, seafood and other protein foods	<p>MEATS: eye round, top round, bottom round, sirloin, pork tenderloin, ground meat (90% to 95% lean)</p> <p>POULTRY: skinless chicken or turkey breast</p> <p>FISH AND SHELLFISH: check for fishy smell</p> <p>MEAT SUBSTITUTES: all-natural peanut butter (no sugar or salt added), almond butter, cashew butter, hummus, tofu, tempeh</p>	<p>MEATS: prime-grade fatty cuts, spare ribs, sausage, hot dogs, lunch meats like salami or bologna</p> <p>POULTRY: fried/breaded chicken, goose or duck</p> <p>SEAFOOD: fried/breaded seafood or fish</p>
Fats and oils	<p>OILS: olive, peanut, sunflower, safflower, sesame</p> <p>BUTTER/MARGARINE: trans fat-free margarine tub or butter, low-fat/whipped cream cheese, oil-based salad dressings, avocados</p>	Stick margarine, shortening, lard, fat-free cream cheese, sour cream and dressings
Snack foods	Whole-grain crackers, air-popped popcorn (unsalted), Clif®, Luna® or Kind® protein bars	Refined, processed grains, cakes, cookies, ice cream, etc.
Beverages	Water, seltzer water, flavored sparkling water, tea, coffee	Sweetened soft drinks, fruit drink/punch, energy/sports drinks



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