



# Healthy Eating Tip

## Healthy Choices at the Grocery Store

Grocery shopping can understandably be a very daunting process with the amount of options we are presented with in stores. It also doesn't help that some of the worst food products appear to be the most appealing, due to eye-catching marketing strategies. But there are things you can do to make grocery shopping easier, healthier, and possibly even enjoyable.

### How to BEET Grocery Shopping

- ❑ **PLAN AHEAD:** Having a grocery list and a plan for what meals you are cooking throughout the week helps you to stay focused when shopping and may help prevent from grabbing unnecessary items. It may also save time from having to run back to the store for any missing items. Never go into a grocery store on an empty stomach, as it can result in more impulse buys that are most likely not the healthiest.

*\*Use coupons and check for weekly ads to take advantage of store specials and save money.*

- ❑ **FOLLOW THE PERIMETER:** Start off following the perimeter of the store as it contains fresh fruits, vegetables, meats, seafood, the deli, bakery, and dairy products, which can be healthy staples for all your meals. These items will be the most nutritionally beneficial and will lessen aimless shopping throughout the center aisles, where a majority of processed foods are found.
- ❑ **BUY IN SEASON:** It is a common misconception that buying fresh produce comes at a high cost financially, but it doesn't have to be. Buying produce that is in season is going to be more affordable, fresher, and likely to taste better than produce not in season. Also, taking advantage of buying frozen and low-sodium canned fruits and vegetables when needed is a great alternative. Frozen produce is flash frozen at its peak ripeness, ensuring you are given a high quality product.

*\*Buy a rainbow of colorful fruits and vegetables. Each color offers different beneficial nutrients.*



From Corporate Fitness Works Registered Dietitian, Kelsey Cain

# Healthy Eating Continued...

- ❑ **CHOOSE REAL FOODS:** Look for products that have more real ingredients than additives, such as 100% fruit juice or 100% whole grain. Finding packaged foods that are most similar to the real food are going to involve less processing and be healthier overall. If you want more salt, sugar, or seasoning, be in control of your own consumption and add it yourself.
- ❑ **LOOK AT THE BOTTOM SHELF:** If you are trying to save money, look at the bottom shelf for the more affordable, generic items. Stores will strategically place the more expensive, name-brand items at eye level. Generic items offer the same type of product just with less fancy packaging.

\*Be careful of attractive marketing gimmicks on packaged foods made to draw you in, especially when shopping with children.

- ❑ **READ THE LABEL:** The Nutrition Facts label is your guide to knowing exactly what's in your food and how to make healthy choices. It is helpful when comparing foods and deciding which is going to be the best option. Various, misleading claims are commonly found on the front of the package, but you will get a true picture by reading the label.

## What to look for:

- Aim for >4g fiber per serving
- 100% whole-grain on the ingredients list
- Low sodium (<300 mg)
- Dairy and fruit products will naturally contain sugar, so it is more important to look at the added sugars
- Pay attention to serving size and calories per serving; eating the recommended serving helps with portion control
- Keep these low: *saturated fats, trans fats, added sugars*
- Aim for more of these: *fiber, vitamin D, calcium, and potassium*

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Image source: [www.fda.gov](http://www.fda.gov)

## Sources:

<https://www.webmd.com>

<https://www.nutrition.gov>