

# Healthy Grocery Shopping

## **Plan and prepare for the week**

- This discipline will help so you stay within your calorie and financial budget

## **Stay around the perimeter of the grocery store**

- The healthiest and least processed foods are located there, i.e. fresh fruits and vegetables, dairy, meats and whole grain breads

## **Pick up seasonal and locally grown foods**

## **Avoid processed foods**

- Processed foods are high in sugar, salt and fats and low in nutrition

## **Avoid bulk foods and “mega” stores**

- If you must, pre-portion out the food so you don't over eat
- Don't confuse a good value and good for you

## **Shop with variety in mind so your taste buds do not get bored**

## **Keep your pantry stocked with the staples**

- This will help to make quick meals and healthy meals at home, rather than getting take-out
- Stock the pantry with spices and non-perishables

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