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