NUTRITION NEWS

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Using a Grocery List May Help Keep You Healthier!

The latest research is confirming what many health professionals already know: Making a grocery list before you go to the store will help you stay on track   if you are trying to eat healthier.

When you plan ahead and purchase only the foods you have on your list, you can make more health conscious decisions.   Another tip is to avoid shopping when you are hungry. Shoppers make more impulse purchases when they are hungry.

With your list on hand you should shop the perimeter of the store to find the healthiest foods. Purchase foods in their whole form. Read the food labels and try to avoid foods that contain more than 5 ingredients.

Try to grocery shop at least once a week to keep fresh produce and other perishable foods available at home. This will help you cut down on processed foods.

Keep It Green!

Bring your reusable grocery bag to the store and get 5 cents back per bag while you reduce waste!

Using a Grocery List Can Save You $$

Keeping a list can help you avoid impulse buys that often end up costing you more over time. Using the grocery store weekly sale ads will help you find the best price on your grocery items. If your grocery store offers a rewards card, sign up to receive additional coupons and promotion prices.

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