

HEALTHY SHOPPING GUIDE

Before you go:

1. Eat something!
2. Look through your fridge and cupboards and write a list of everything you need.
3. Figure out which foods you eat the most and go to a store where you can purchase these items in bulk and with the best quality.
4. Plan your meals for the week and buy the specific items you need. This will ensure that your ingredients are fresh and that you use all of your perishable food with no waste.



Once you get to the store, walk along the perimeter first.

Fill your cart with produce, breads, meats, dairy, bulk items, and eggs.

Then, only venture into the aisles for frozen produce and basics such as pasta, tomato sauce, beans, spices, baking needs, and other necessities.

*Each week, choose *one small treat* for you and your family so you don't feel deprived.*

Stick to whole foods that are close to the way they are found in nature.

Things to include in your diet:

- Monounsaturated and polyunsaturated fats
- Fiber
- Calcium, iron, and vitamin D
- Fresh or frozen produce
- Probiotics (like in yogurt)
- Beans, nuts, and seeds

Things to avoid as much as possible:

- Trans fat (even if the label says 0g, the word "hydrogenated" in the ingredients means there *is* trans fat present. *Any* amount is detrimental!)
- High fructose corn syrup & other added sugars
- High sodium content
- Fried foods



Buying Grain Products

Buy whole grain as often as possible

Watch out for these labels:

-Multi Grain

-Wheat

-Whole grain

-Oat and Nut

*These do not necessarily mean 100% WHOLE grain (unless noted). “Multi-grain” could just mean an array of refined grains. READ THE INGREDIENTS!

-Look for the word “whole” before the grain, towards the top of the list.

Healthy Grain Choices

Brown rice

Old-fashioned oats

Irish oatmeal

Quinoa

Whole wheat bread

Whole wheat crackers

Shredded wheat cereals

Choose Healthier Meat

Extra lean cuts of beef (or try Bison meat!)

Turkey and chicken vs. pork products

Healthy Fats:

(you need them!)

Olives & olive oil

Peanuts & peanut oil

Avocados

Canola oil

All vegetable oils.

Nut butters

Seeds & Nuts: They not only contain good fats, but also fiber, antioxidants, and *plant sterols that lower cholesterol.

The Dirty Dozen of Produce:

1. Celery

2. Peaches

3. Strawberries

4. Apples

5. Blueberries

6. Nectarines

7. Bell Peppers

8. Spinach

9. Kale

10. Cherries

11. Potatoes

12. Grapes (imported)

**Buy
Organic**

All other
produce items
can be
conventionally
grown