

Hug the perimeter!

Shopping for groceries. You either love it or hate it, but we all have to do it. And it's important to have a plan before you step inside those sliding doors.

Here are 10 TIPS to help you make healthy food shopping choices.



1 Make a list at home.

This will help you stick to your plan to purchase nutritious foods instead of caving to impulse buying and in-store specials you wouldn't normally purchase.

2 Don't go in hungry.

When you smell food, it makes you hungry. That's why the bakery, deli, coffee shop and fast-food kiosks are often positioned next to the door. If you're hungry, you're likely to make impulsive, unhealthy purchases.

3 Stick to the perimeter.

Generally, the healthiest foods, including fresh produce, dairy, and meat and seafood are around the outside aisles of the store.
More heavily marketed pre-packaged foods are arranged in the center of the store.

4 Don't buy sugary drinks.

They may taste good, but they're full of empty calories. A variety of artificially sweetened, zero-calorie beverages and drink mixes are available. Used in moderation, the FDA has found these products to be safe.

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10 Choose fat-free and low-fat dairy.

This includes calcium-fortified dairy alternatives made from soy, nuts or oats. Low-fat yogurt, 1% milk, hard and soft natural cheeses and frozen dairy products are good bets.



5 Pick a variety of produce.

Select different colored fruits and vegetables to get all the vitamins and nutrients needed for overall health. If fresh produce doesn't work with your lifestyle, frozen fruits and vegetables are your next best bet.

9 Be mindful of the center aisles.

Pre-packaged foods, such as chips, candy, cookies, cereals and convenience foods, often have lower nutritional value and are packed with excess salt and sugar. So pay attention to food labels, serving sizes and servings per container as you shop.

8 Buy oils low in saturated and high in monounsaturated or polyunsaturated fats.

Good options include olive oil, avocado oil and sunflower oil.

7 Go with whole grains.

You'll find the healthiest selection in the bulk foods aisle. Whole-grain products, such as breads and pastas, offer the highest nutritional value and fiber. Try to ensure at least half of your daily grain intake is whole grains.

6 Select lean meats and fish.

For beef and pork, opt for cuts such as loins and rounds. Choose 95% lean ground beef. Turkey, chicken and fish are always good choices. If available, game such as bison, venison, rabbit and elk can also be a lean alternative.

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