



## Tips to Grocery Shopping



- Shop the perimeter
- Stick to your list
- Don't go down aisles unless you need something
- Buy foods that are on sale

### Fruits and Vegetables

- Buy some fresh, frozen and canned. Buy low-sodium canned options
- Choose a variety of different colors (green, orange, red, purple, white, yellow, etc)
- Bananas – buy a couple already ripe, and some green
- Berries – only last a few days
- Apples and other citrus fruits last a couple weeks
- Bag salad – is quick but goes bad in a week – only buy what you can eat

### Deli Counter

- Lunch meat only lasts one week.
- Choose lean turkey, ham, chicken or roast beef for sandwiches instead of those with more fat, like bologna or salami.

### Fish/Seafood

- Frozen is cheaper than fresh
- Don't forget canned... which is the cheapest. Buy tuna/salmon in a bag or can packed in water.
- Buy unbreaded.

### Meat/Poultry

- Choose chicken/turkey more often than beef/pork
- Choose white meat, boneless, skinless chicken and turkey (cutlets, breasts – white meat has less fat than dark meat)
- Look for 93 or 95% lean ground beef
- Leanest cuts of beef: round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.

### Cereal

- Look for cereals that contain  $\geq 4$ -5 grams of fiber/serving and  $< 10$  grams of sugar/serving
- Add fruit (frozen, fresh or dried) or nuts for more variety

### Grains

- If your bread is brown, check the ingredient list to make sure that “whole wheat flour” is the 1<sup>st</sup> item on the list.
- Try whole wheat or multigrain pasta and brown rice
- If vegetarian, consider Barilla Plus – pasta with protein
- Crackers- choose one that has  $> 2$ g fiber/serving and are trans-fat free.

- Granola Bars- choose one that has  $\geq 3$  g fiber/bar and  $\leq 10$  g sugar/bar

### **Dairy**

- Purchase milk with the latest expiration date (look in the back of the refrigerator)
- Drink skim/fat free milk (blue cap)
- Buy 2% or low-fat cheese
- Buy drinkable yogurt if you are on the go
- Eggs are a cheap source of protein

### **Juice**

- Buy 100% juice
- Only consume  $\sim 1$  cup/day. It's better to eat the fruit than drink the juice.

### **Freezer section**

- Stir fry vegetables
- Latino mix – black beans/corn/peppers/onions for a fast burrito
- Frozen berries

### **Snacks**

- Popcorn
- Nuts
- Crackers
- Baked snacks (goldfish, chex mix, pretzels) rather than chips
- Low fat pudding
- Granola bars
- Part-skim string cheese
- pack your own snacks and beverages – avoid the vending machine