



HEALTHY FOOD SHOPPING TIPS

◆ 5 Simple Shopping Rules

- Shop the perimeter of the grocery store. Fresh foods are usually located here; junk foods lurk in the center.
- Choose “real” foods, such as 100% fruit juice or 100% whole grain with as little additives and processing as possible.
- Steer clear of foods with cartoons targeted at children. Most of these have added sugars and preservatives.
- Limit foods that contain more than five ingredients, artificial ingredients, or ingredients you can’t pronounce.
- Try to avoid shopping when you are hungry.

◆ Avoid Confusion: Divide the Grocery Store in Green, Yellow and Red Sections

- Green Means Go: These are low in fat and high in nutrients.
 - Produce
 - Fresh fish
 - Beans, grains, whole wheat pastas
- Yellow Means Caution: Read labels carefully. Choose lean and lower fat versions of these foods.
 - Dairy
 - Frozen
 - Bakery
 - Meat
- Red Means Stop: Usually unhealthy choices, read labels carefully.
 - Deli
 - Checkout aisles
 - Ice cream case
 - Some packaged and convenience foods

