



# 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

