

HEALTHFUL TIPS

on Navigating a Grocery Store

Walking into a grocery store can be overwhelming. It can be difficult to know where to begin when grocery shopping or deciding between two similar food items. Below are some tips on how to navigate a grocery store that will promote healthy and mindful food choices.

1

PLAN AHEAD



Writing a grocery list beforehand and sticking to that list will help you make mindful food choices.

2

DON'T SHOP WHEN YOU'RE HUNGRY



When you are hungry, you are more likely to give into cravings and impulse buy.

3

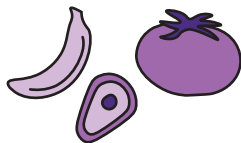
SHOP THE PERIMETER



Fresh foods such as vegetables, dairy, meat, and fish are usually in the perimeter of the grocery store: avoid center aisles where more processed foods are and spend a majority of your time in the produce section.

4

CHOOSE WHOLE FOODS



Whole foods are food items that have not been processed or refined, such as whole grains and vegetables, and they provide the greatest amounts of nutrients.

5

READ THE FOOD LABELS



Choose products lower in fats, carbohydrates, sodium, and calories, and high in vitamins and minerals, as well as foods with few additives and small ingredient lists.