

# NUTRITION TO GO

## Shop Smart

### Plan Ahead

Before going to the grocery store, take a few minutes to plan out your meals. Set a budget. Write down a list to shop from, and stick to it. This will save you time and money.

Plan meals around foods you have a coupon for or are on sale.

Do not shop hungry! When hungry, you buy more. Eat a healthy snack before you go, or shop after a meal.

### What to Buy?



#### Steps for creating a grocery list:

- Plan meals and snacks around what you have at home.
- Make a list of other foods you need to buy in order to have those meals and snacks.

Use the MyPlate guidelines to choose foods from all five food groups. Fill your cart with fruits, vegetables, whole grains, low fat dairy, lean meat, fish, beans and nuts. Try to limit processed foods that are high in calories but low in nutrients. Read the Nutrition Facts labels when shopping.



Fruits and vegetables are naturally packed with vitamins, minerals and fiber. Choose what is in-season. For example, apples in the fall and grapefruits in the spring. Seasonal produce tastes better and costs less.



# Grocery stores are designed to get you to buy more.

- Dairy and meats are at the farthest end of a store. Grains and condiments are hidden in the mid section. This layout is to show you to as many products as possible before you get to what you really need to buy.
- Stores often stock the most expensive items at eye level. Save money by looking at the upper and lower shelves as well.

If all you need is a quart of milk, go straight to the back of the store to avoid all the items that you don't need along the way. Stay focused!

**Dairy**  
**Eggs**

**Meat**  
**Seafood**

Choose lean cuts of meat. You can buy poultry with skin, just remember to throw out before eating. Watch for sodium content in marinated items.

## Bakery Deli

### Shop the center aisles wisely:

#### Cereals and breads

Look for cereals and breads that are whole grain, low in added sugar, and high in fiber.

#### Beverages

Choose water and low calorie drinks. Avoid sugar sweetened beverages like sodas.

#### Staple Foods

Go for dried or canned beans, nuts and seeds, vegetable oils, and whole grains like brown rice, whole wheat, rye and barley.

#### Canned Foods

Choose vegetables that are low-sodium and fruits that are in 100% juice instead of syrup.

#### Frozen Foods

Frozen fruits and vegetables have the same nutrients as fresh ones. Choose those without added sugar, salt, or sauces.

Skip over candy and magazines at the checkout to avoid adding to your bill.



**Cash**



**Start!**

**Fruits** **Vegetables**



Shop around the edge of the store where fresh foods are located.